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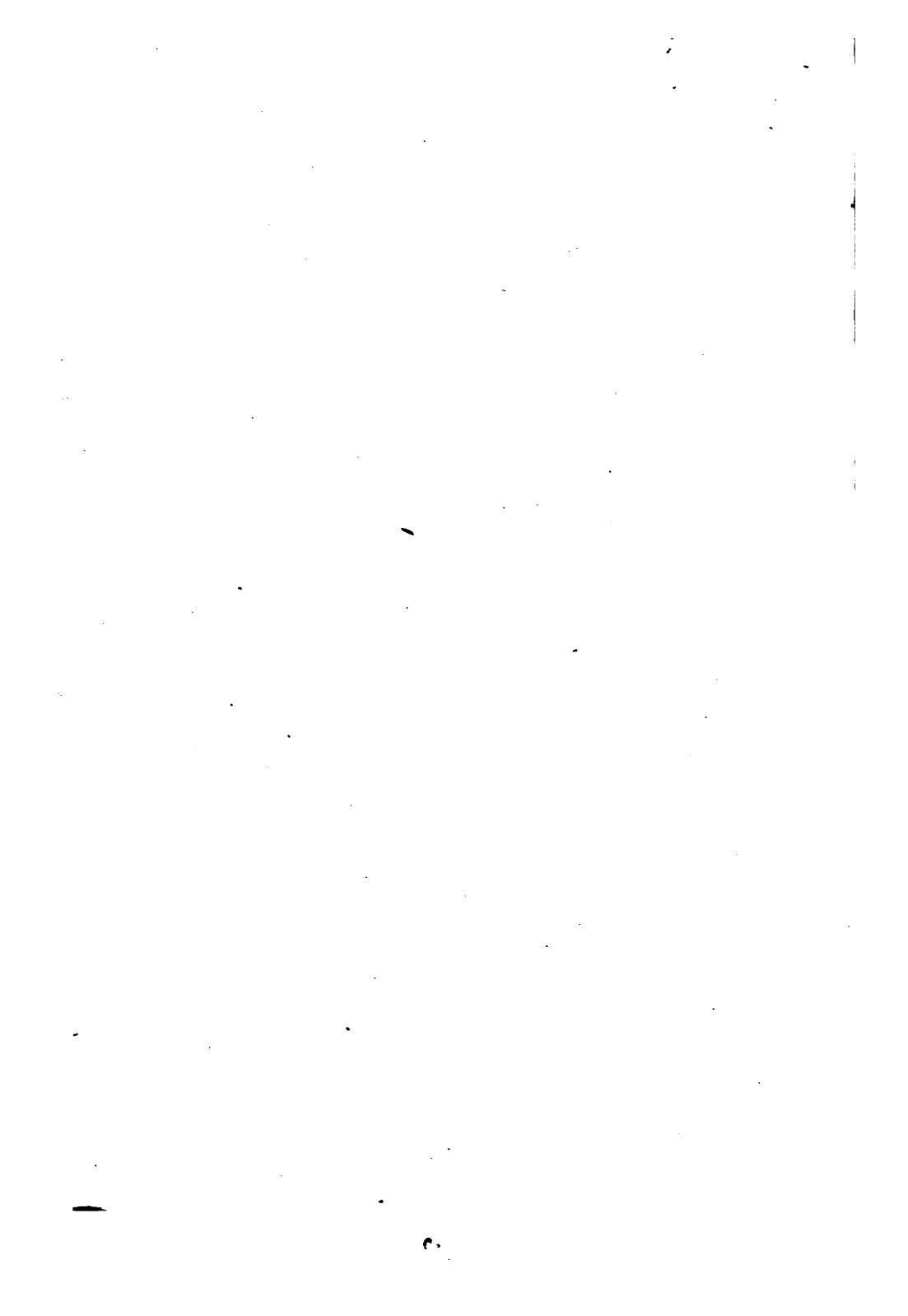
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# Hygienic Cook Book

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A COLLECTION OF CHOICE RECIPES  
CAREFULLY TESTED

Plain Directions on Healthful Cookery: Nutritive Value and Digestibility of Foods;  
Proper Food Combinations; Food for the Sick; Weights and  
Measures for the Kitchen, etc.

COMPILED BY  
**JACOB ARNBRECHT**

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JACOB ARNBRECHT

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## PREFACE

The compiler, in offering to the public this volume of carefully tested recipes, does not claim to have reached perfection, nor to have exhausted the list of wholesome preparations and combinations in the domain of vegetarianism.

During the last few years much time has been given by scientists to the study of foods and their dietetic value, and rightly this subject should demand much consideration from all.

The writer certainly feels that the time has come when a knowledge of the principles of diet should be an essential part of one's education. It has been the aim to give all directions in a clear, concise manner. Nearly all recipes are given in measure, to avoid the trouble of weighing.

JACOB ARNBRECHT.



# Hygienic Cook Book

## FOODS

Food is anything which nourishes, or that which when taken into the body yields heat and energy, and builds up the tissues of the body.

Food is necessary for growth, repair, and energy; therefore the elements composing the body must be found in the food, of which there are from fifteen to twenty. The following are the most essential ones: Oxygen, 62½ per cent; carbon, 21½ per cent; hydrogen, 10 per cent, nitrogen, 3 per cent. Some of the remaining 3 per cent are calcium, phosphorus, potassium, sulphur, chlorine, sodium, magnesium, iron, and fluorine. These elements are formed into chemical compounds to support the human body, and must be found in the food.

All food must be chemically changed after being taken into the body before it can be utilized by the body. This is done by the digestive system.

There are two classes of food,—the organic and the inorganic.

### (1) *Organic*

Proteids,—nitrogenous or albuminous.

Corbohydrates,—starch, sugar, and cellulose.

Fats and oils.

### (2) *Inorganic*

Mineral matter.

Water.

## 2 PROTEIDS

The chief work of proteids is to build and repair tissues. The elements they contain are: Nitrogen, carbon, oxygen, hydrogen, sulphur or phosphorus, and iron.

They include all kinds of animal foods, except fat, and some vegetable foods. They are therefore a very important part of our food, for they are what our bodies are made of; yet only a comparatively small amount is needed, but that must be supplied or one can not enjoy perfect health.

Too large a supply of proteids is detrimental to health, because, while an excess of carbonaceous food can be stored in the body, proteid can not be stored, and an excess of it must be carried off by the excretory organs; and if they are unable to dispose of it, rheumatism, gout, and other similar diseases may result.

Three-fourths of our food should be carbohydrates, one-eighth fat, and the remaining one-eighth proteids.

The principal constituent of proteid is albumen. Albumen as found in food takes different names, but has the same chemical composition. The proteid of eggs is albumen; that of meat is called fibrin; of peas, beans, and lentils, legumen or casein; of milk and cheese, casein; and that of wheat, rye, and barley, gluten. Gelatin also belongs to this class.

Proteid is supplied in large quantities in meat, but it is not at all necessary to eat meat in order to get the amount of proteid we need.

Proteid is found in legumes, eggs, milk, grains, and in almost all foods.

In order that the food may be absorbed through the walls of the digestive tract, it must be dissolved in water. Therefore the process of cooking should aid in rendering food more soluble. The white of egg, which is almost pure albumen, is a good example to use in illustrating the best

method of cooking proteid. While the white of egg is not really soluble, it readily mixes with water; but boiling an egg makes the white hard and tough, so that it will neither dissolve in water nor mix with it, and it is evident that cooking proteid at a high temperature hardens and toughens it and renders it less digestible.

A fried egg is even less digestible than a boiled egg, because the hot fat is hotter than boiling water, and it makes the white of the egg very tough and leathery.

While the temperature of boiling water is 212° F., albumen begins to coagulate at 145° F., and sets into a jelly at 160° F. Therefore if an egg is cooked in water at 160° or 165° F., the white will be jelly-like and tender; while the yolk may be hard, according to the length of time it is allowed to remain in the water.

A high temperature has the same effect upon proteid, whether it is the proteid of eggs or of other foods. Therefore long, slow cooking is the proper method for foods which contain a large amount of proteid; such as peas, beans, lentils, and peanuts. Long cooking, even a little below the boiling point, makes them more digestible.

This is why the old-fashioned baked beans, which were baked in the ground or in a brick oven for twenty-four hours or longer, were so delicious, and would have been very digestible had the pork been omitted.

Nuts, with the exception of peanuts and chestnuts, require no cooking. They are best eaten raw, but must be well masticated or ground to paste before they are eaten. They should not be eaten between meals, nor after a full meal, but as a substantial part of the meal. They may be chopped and mixed with other foods, such as roasts and some puddings. They may be well combined with legumes, because legumes are deficient in fats, while the nuts have an excess of fats. Peanuts should not be roasted, because they contain 38 per cent fat and 25 per cent proteid, and

neither fat nor proteid should be heated to a high temperature.

Peanuts are really not a nut, but a ground-pea, and should be cooked in the same way. Chestnuts, which contain a small amount of fat and proteid and a large amount of carbohydrate, may be roasted.

Milk is more digestible raw than cooked, for the reason that a high temperature hardens the casein. It is sometimes necessary to cook milk for the purpose of sterilizing it. A double boiler is best for this.

Buttermilk is more digestible than sweet milk. The lactic acid of buttermilk has a beneficial effect upon the system. Cottage cheese is a valuable proteid food.

The proteid element of wheat is called gluten. This may be separated from the starch by making a stiff dough of a good quality of bread flour; about four parts of flour to one of water. Knead the dough thoroughly, then put it into cold water and let it stand one hour; then work it carefully with the hands in the cold water, and the starch will wash out. Change the water until no more starch washes out and the water remains clear. You then have a lump of gluten,— a grayish, tough, rubbery substance, which requires long, slow cooking to make it tender. This gluten may be used in stews or soups after being cooked in salted water for three or four hours, or until perfectly tender. It may also be baked in a slow oven until thoroughly dried and a delicate brown, then ground into meal or flour as desired.

### \* CARBOHYDRATES

The chief office of carbohydrates is to furnish energy and maintain heat.

The elements they contain are: Carbon, hydrogen, and oxygen, and include foods that contain starch and sugar; such as vegetables, fruits, cereals, sugars, and gums.

*Starch.*—We will now consider starch and its proper

cooking. Some have the idea that starch is not a good food, and this is true to the extent that raw starch or improperly cooked starch is very difficult to digest.

Three-fourths, or 75 per cent, of our food should belong to this class of food elements. In order that food may be absorbed through the walls of the digestive tract, it must be dissolved in water. Therefore cooking should render food more soluble.

Before starch can be used by the body, it must be digested, or turned into a form of sugar. This change is accomplished to a great extent by the saliva; hence the special importance of thoroughly masticating the foods which contain starch.

Raw starch is insoluble in water, and is very slowly digested. Raw starch is not digestible in the stomach to any appreciable extent. The starch and proteids are so intimately associated in the structure of cereals and other vegetables that without the digestion of starch the proteids are inaccessible to the gastric juice.

The order of nature requires the digestion of starch first. By this means the mass of food is broken into minute bodies, and the proteid remains in the shape of delicate threads, a fine network, which is readily acted upon by the digestive fluids.

Raw cereals are fit for use for human beings only when in the half-ripe or milky state, before the soluble carbohydrates, which exist largely in the form of dextrin and sugar, have been converted into insoluble starch. Raw starch may be converted into maltose by the prolonged action of the pancreatic juice, but this action is so slow that it amounts to little in practical nutrition. Raw starch is found in abundance in green fruits and nuts. In the process of ripening, the starch is converted into oil in the nuts and into sugar in the fruits.

The starches are found more abundantly in cereals

and certain vegetables, such as the potato, sweet potato, green peas, and corn.

A particle of cornstarch under the microscope is found to be composed of hundreds of tiny cells, each composed of two parts, an outer part called cellulose, and an inner part called granulose.

Cold water or the digestive juices have little or no effect upon the cellulose covering. It is therefore necessary that the starches be subjected to the process of cooking. The first point to be gained by cooking is the softening of the cellulose, then the cooking of the starch.

It has been found by various experiments that there are five steps in the digestion of starch. Three of these may be accomplished by cooking; the last two are the process of digestion. All starchy food must be thoroughly cooked. Baking is the preferable method for vegetables like the potato, because the starch may be subjected to a much higher temperature than by boiling or steaming.

In thoroughly toasted bread the starch has reached the third step in the digestive process, known as dextrin, a substance intermediate between starch and sugar. Such cereals as wheat-meal and corn-meal require prolonged cooking, in order to soften the cellulose and cook the starch.

Mushes which have not been thoroughly cooked must pass into the small intestines in an unprepared condition, and may cause serious trouble.

The frying of starchy foods is not to be thought of, as frying coats the starch cells with fat, which makes it impossible for the saliva to act upon them. The mouth is the great starch digesting organ of the body, and the saliva (secreted by the salivary glands of the mouth) contains an enzyme which completes the digestive process begun in the cooking.

The saliva can not act upon fat, and when the starchy foods are saturated with fat, the saliva can not do the work

which nature intended it to do, and the food must pass into the stomach undigested.

The gastric juice of the stomach has no action whatever upon the starches, and so they are passed on again. (This shows the importance of thorough mastication and mixing with saliva.)

It should be remembered, however, that the starch digestion which is started in the mouth is continued for from half an hour to an hour after the food reaches the stomach. If nature had not made a wise provision in the pancreatic juice of the small intestine, the *careless eater* would be robbed of his chief source of heat and energy; for the pancreatic juice is able to dissolve the fat and thus digest the starch; but the digestive process should be commenced in the mouth.

The Bible tells us that man is fearfully and wonderfully made. Ps. 139:14.

When more is eaten than the body can make immediate use of, the excess is stored in the tissues in the form of fat. And it is interesting to know that fat so formed is more solid and firm than that built from the fats direct. The digested starches, mostly in the form of sugar, are absorbed from the small intestines, carried to the liver, and given off to the blood as needed, or stored away as liver starch, called glycogen. From time to time, this glycogen is reconverted to sugar and distributed to the different parts of the body as needed.

#### \* FATS AND OILS

The chief office of fats and oils is to store energy and heat to be used as needed.

They constitute the adipose tissues of the body. A certain amount of fat is necessary for the proper sustenance of the body.

A working man requires from one to two ounces daily. Fats are found in both vegetable and animal foods.

Nuts contain the largest per cent. They are also found in the different cereals, legumes, and in a few fruits. The olive, which is especially rich in oil, is a wholesome article of food when ripe.

In the natural form, fats are in a state of emulsion, and are then in the proper condition to be used in the body as an article of food.

Free fat is not only difficult to digest, but it hinders the digestion of other food with which it is mixed.

When food is deficient in fat, all the vital functions languish, digestion fails, and there is a loss of flesh and strength and a loss of ability to resist cold. Fats are not digested in the stomach, so when free fats are mixed with foods that should be digested in the stomach, they cause delay, and often fermentation takes place before the food passes into the intestines, where the digestion of fat begins.

The saliva and the gastric juice (the digestive fluids of the mouth and stomach) do not digest fats, and can do but little with starch and albuminous foods when they are mixed and coated over with free fats.

Persons with weak digestion should use great care in the combination of the different food elements.

#### WORK OF THE DIGESTIVE FLUIDS

We find that of the five separate digestive juices, three digest one each of the three classes of digestible food, while one of the remaining two digests all of the elements except cane sugar, and the other the whole food.

Considering the nutritive elements, we find starch, albumen, and fat each digested by the three digestive fluids, Starch by the saliva, the pancreatic juice, and the intestinal juices; albumen by the gastric, pancreatic, and intestinal juices; and fats by the bile, pancreatic and intestinal juices. The bile being alkaline, it neutralizes the gastric juice, which would otherwise interfere with the intestinal diges-

tion. The alkaline character of the bile also enables it to emulsify the fatty elements of the food.

Cane sugar is digested by but one digestive fluid, the intestinal, the last and least of all fluids; but it is very essential.

#### • MINERALS

The minerals, or inorganic elements, furnish the necessary salts which are found in all animal and vegetable foods, chief of which are sodium chloride (common salt), phosphates, carbonates of potash, sulphates, potassium, magnesium, lime, calcium, and iron.

They aid in furnishing building material for bones and nerves.

The value of the mineral elements can not be measured in food units, but they are just as necessary as the three other food elements.

They are necessary for the building of bones and nerves. The mineral salts found in vegetables are the substances which keep the blood alkaline. They also prevent the accumulation of waste products in the body.

#### • OXALIC ACID

Sorrel . . . . .	2.740 to 3.630 per cent
Rhubarb . . . . .	2.466 per cent
Black tea . . . . .	2.466 per cent
Pepper . . . . .	3.250 per cent
Spinach . . . . .	1.910 to 3.270 per cent
Beet roots . . . . .	0.390 per cent
Cocoa powder . . . . .	3.520 to 4.500 per cent
Haricots . . . . .	0.312 per cent
Buckwheat flour . . . . .	0.171 per cent
Common beans . . . . .	0.158 per cent
Lettuce . . . . .	0.270 per cent
Coffee . . . . .	0.127 per cent

Tomatoes are sometimes classed with foods rich in oxalic acid, but this seems to be an error, as they contain only about one two-hundredths per cent. Their sour taste is due to the presence of citric acid.

Oxalic acid is a very soluble substance, and can be practically all removed by parboiling. For this reason, spinach, beet greens, and foods which contain oxalic acid in considerable quantities should always be parboiled in preparation for the table.

#### \* VEGETABLE ACIDS

The principal vegetable acids are as follows:—

- (1) Acetic acid, in wine and vinegar.
- (2) Tartaric acid, in grapes, pineapples, and tamarinds.
- (3) Malic acid, much like tartaric acid, in apples, pears, peaches, apricots, gooseberries, and currants.
- (4) Citric acid, in lemons, oranges, limes, citron, and tomatoes.
- (5) Oxalic acid, in rhubarb, sorrel, spinach, tea, coffee, pepper, cocoa powder, lettuce, and beans.
- (6) Tannic acid, in gall-nuts.

Some fruits contain two or more acids; malic and citric in strawberries, raspberries, gooseberries, and cherries; malic, citric, and oxalic in cranberries.

The above is only a partial list of the different acids found in different foods.

#### \* SALT

Of all salts found in the body, the most abundant and valuable is sodium chloride (common salt). It exists in all tissues, secretions, and fluids of the body, except in the enamel of the teeth. That salt is an absolute necessity to keep the body in health is an undisputed fact, but the excessive use of salt causes skin eruptions and other derangements of the system. It also interferes with the digestive process.

### 10 STARCH AS A FOOD

Starch is a white, glistening powder. It is largely distributed throughout the vegetable kingdom, and is found most abundantly in cereals and potatoes. It is a force-producer and heat-giver; therefore it is one of the most important foods. It alone can not sustain life, but must be combined with foods which build and repair tissue.

Starch is insoluble in cold water. Cold water separates starch grains, and boiling water causes them to swell and burst. When subjected to a dry heat of a high temperature, it is changed to dextrin.

Starch is manufactured from wheat, corn, and potatoes.

*Test for Starch.*—A weak solution of iodine added to cooked starch gives an intense blue color.

### 11 SUGAR AS A FOOD

Sugar is a crystalline substance. It differs from starch by its sweet taste and its solubility in cold water. Sugar is a useful and valuable food. Being a concentrated food, it must be used sparingly. The main function of sugar as found in the blood, whether resulting from the digestion of sugar or starch, is to produce heat and energy.

Sugar is believed to have the same chemical composition as starch that has been digested and made ready for absorption.

The principal kinds of sugar are as follows: Cane sugar, obtained from sugar cane, beets, and sugar-maple trees. The white grades are the purest and sweetest. When cane sugar is added to fruits and allowed to cook for some time, it changes to grape-sugar and loses one-third of its sweetness; therefore it should not be added until the fruit is nearly cooked.

Cane sugar is also of great preservative value.

Grape-sugar, or glucose, is found in honey and all sweet fruits. It is about two-thirds as sweet as cane sugar. It is manufactured from the starch of corn.

Milk-sugar, or lactose, is another important sugar, and is the most digestible sugar for infants. It is obtained from milk, and does not ferment.

Fruit-sugar is obtained from sweet fruits, and is principally used by diabetic patients.

Starch-sugar, or solid glucose, is made from corn by inverting the starch, usually by boiling it with dilute hydrochloric acid and refining and evaporating the product. Although it is not as sweet as cane sugar, it is considered perfectly wholesome. The liquid glucose, as well as the solid glucose, is much used by confectioners, because it does not so readily harden and crystallize as cane sugar.

## 12 HEALTHFUL COOKERY

Cooking is the art of preparing food for the nourishment of the body. Cooking has come to be a science, and in the preparation of food for the table one should not trust to mere chance or luck.

Healthful cookery is not receiving the attention which its importance demands. It occupies a comparatively small place in the culinary world to-day. Good food is of primary importance, but it must be properly prepared to be well digested and thoroughly assimilated. On this depends largely our physical well-being.

One good cook can do more good than a dozen physicians.

Food is cooked to develop new flavors, to make it more palatable and digestible, and to destroy micro-organisms. There are few foods which are not rendered better adapted to the needs of the body by proper cooking. Food well cooked is always well digested.

Hygienic cookery requires the attainment of these objects through simple processes and the exclusion of all unwholesome ingredients, such as chemical leavening agents, vinegar, pepper, mustard, and irritating condiments; also the exclusion of free fats.

A thorough knowledge of plain cooking is of primary importance, as well as good food.

The choicest food is often spoiled in its preparation because of a lack of the fundamental principles of good, plain, hygienic cookery.

Cooking helps to break up the solid parts of the food, and makes them more digestible.

To be competent in the art of cooking, one must have a knowledge of foods, their combining qualities, nutritive value, and the proper method of preparing them so that they may retain their natural flavors and nutritive elements.

It is claimed by food scientists that 90 per cent of human ills originate from the stomach and are caused by eating wrong and unnatural combinations of foods, and that these ills can be cured by making the diet chemically harmonious, rather than by resorting to drugs.

Unless the food is prepared in a wholesome, palatable manner, it can not be converted into good blood to build up the wasting tissues. T., Vol. 2, p. 538.

The food should be prepared in a simple form and free from grease; but pains should be taken to have it nutritious, healthful, and inviting. T., Vol. 2, p. 485.

"Whatsoever thy hands find to do, do it with thy might." Eccl. 9: 10.

"Whether therefore ye eat or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10: 31.

#### <sup>13</sup> SLOW COOKING

If foods are hard or it is desired to extract the juices and nutriment, they should be put to cook in cold water, and should be cooked slowly and for a long time.

#### <sup>14</sup> CORRECT FOOD PROPORTIONS

All persons are alike in that they must have protein for the building and repairing of the bodily machine and fuel ingredients for warmth and work, but individuals

differ in the amounts and proportions they require. Even in health it is necessary to avoid certain kinds of food, and people with weak digestion must often have special diet.

In the first place, we should choose the things which agree with us and avoid those which we can not digest and assimilate without harm.

We should use such kinds and amounts of food as will supply all the nutriment the body needs and avoid burdening it with superfluous material to be disposed of at the cost of health and strength.

The ideal diet is that combination of foods which, putting the least burden and taxation on the body, supplies it with exactly sufficient material to meet its needs.

The daily average ration an adult or working man requires is: 5 pints of water,  $2\frac{1}{2}$  to 3 ounces of proteid,  $1\frac{1}{2}$  ounces of fat, and 16 ounces of carbohydrates.

About one-third of the water is taken in our food, the remaining as a beverage.

To keep in perfect health and do the best mental and physical work, a mixed diet is very essential. For persons doing light work, a low proteid diet is much preferable.

#### 15 FOOD COMBINATIONS

Two important principles should be observed in combining foods: (1) The combination should be such as to bring to the body the proper food elements in the right proportion; (2) the foods should be so combined that there will be harmony in the digestive process. For instance, food which is digested in the stomach should not be mixed with food that requires long intestinal digestion.

Food should be combined that will digest in about the same length of time. If we mix too many kinds of food together, we are certainly making trouble, because it is impossible for all food substances to be digested at the same time.

*Good Combinations*

- Grains and milk.
- Grains and fruits.
- Grains, nuts, and vegetables.

*Fair Combinations*

- Fruits and nuts.
- Milk and sweet fruits.
- Milk and vegetables.

*Bad Combinations*

- Milk and sugar.
- Fruit and vegetables.
- Milk and meat.
- Milk and sour fruits.

It is impossible to give definite rules that every one can follow in the matter of combining foods. What agrees perfectly with one may be injurious to another.

A perfect diet is one that gives the most strength with the least taxation on the vital forces and the least encouragement to intemperance.

In the beginning God gave to man a perfect diet,—nuts, fruits, grains, and vegetables. Gen. 1:29. The Lord intends to bring His people back to live upon the original diet.

#### <sup>18</sup> CONDIMENTS AND SPICES

Condiments are substances which are not foods, but which are added to foods to impart flavors. Condiments are defined as articles which add nothing to the nutritive value of food; they simply make it taste better.

Highly seasoned food leads to intemperance in drinking, as well as in eating. The irritated, inflamed condition of the alimentary canal, caused by the hot food, creates a craving for something stronger. By the use of condiments, the nerves of taste become so benumbed that they

are unable to detect the delicate flavors of the different kinds of food, and to many persons they are wholly unknown.

All condiments are poisons, and when used in any considerable quantity clog the liver and irritate all the digestive organs. Under this list may be placed: Pepper, cloves, cinnamon, ginger, pepper-sauce, vinegar, mustard, etc.

Condiments and spices used in the preparation of food for the table aid digestion in the same way that tea, coffee, and liquor are supposed to help the laboring man to perform his task. "Healthful Living," pp. 92, 93.

Cook meat with spices, and eat it with rich cakes and pies, and you will have a bad quality of blood. The system is too heavily taxed in disposing of this kind of food. Mince pies and pickles, which should never find a place in any human stomach, will give a miserable quality of blood.

Flesh meat and rich food and an impoverished diet will produce the same results. T., Vol. 2, p. 368.

There is no harm in using the milder flavorings and seasonings, such as salt, sage, celery-salt, bay leaves, etc., which will improve the flavor of some foods.

#### 17 TEA AND COFFEE

Tea and coffee are not food, but stimulants. They obtain their nutriment from the cream and sugar that are added. Not being a food, they contain nothing that can be assimilated, and therefore can not supply the wants of the body.

A stimulant is anything that excites the nerves and makes a person feel stronger, but which adds nothing to his supply of energy. It is therefore a deceiver or counterfeit. It pretends to brace up when in fact it tears down.

*Theine* is the active principle in tea, and *caffeine* in coffee. Both will produce intoxication, but millions of peo-

ple use them daily and scarcely give a thought to the poisons they contain.

#### 18 COCOA AND CHOCOLATE

The cocoa tree is a native of Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. The pod is from seven to ten inches long and from three to four and a half inches in diameter. Each pod contains from twenty to forty seeds. The tree is from ten to twenty feet high. Cocoa beans are dried previous to importation, and, like coffee, they need roasting to develop flavor. After roasting, the outer cover is removed. This covering makes what is known as cocoa shells, and has but little nutritive value. The beans are then broken and sold as cocoa nibs.

Chocolate and cocoa differ from tea and coffee, inasmuch as they contain nutriment as well as stimulant. The active principle is *theobromine*, which is almost identical with theine and caffeine in its composition and effect.

Cocoa is made by grinding the nibs between hot rollers, which melts the fat (of which the cocoa bean contains about half its weight) they contain and reduces them to a liquid. Most of this fat is removed by pressure, and the remainder is converted into cocoa-essence or powder.

Chocolate is made from cocoa nibs, but contains all or a much larger proportion of fat than cocoa.

The fat obtained from the cocoa bean is known as cocoa-butter.

#### 19 COMPOSITION OF CREAM

Proteid	2.7 %	Water	66 %
Lactose	2.8 %	Fat	26.7 %
Mineral matter	1.8 %		

Cream varies in composition according to the circumstances under which it rises. In the process of churning, the membranes of casein which surround each of the little

globules constituting the cream are broken, and the fat of which they are composed becomes a compact mass, known as butter.

Cream is more easily digested than butter, and since it contains other elements besides fat is likewise more nutritious. In cream the fat is held in the form of an emulsion, which allows it to mingle freely with water.

#### <sup>20</sup> COMPOSITION OF MILK

Proteid	3.4 %	Water	87 %
Lactose	4.9 %	Fat	4 %
Mineral matter	0.7 %		

The value of milk as food is evident from the fact that it constitutes the natural food of all young during the period of their most rapid growth; but for adults solid food is essential. One obtains the greatest benefit from milk when taken alone, or at regular intervals between meals or before retiring. It should be sipped rather than drunk.

Milk contains representatives of all the classes of foods, and therefore contains all the elements required for nutrition.

The proportion of the elements in milk of different animals varies greatly, so that it is not possible to give an exact analysis.

Milk is sterilized to avoid infectious germs.

#### <sup>21</sup> STERILIZING OR PASTEURIZING MILK

Put the milk as soon as received into the inner dish of a double boiler; set into the outer dish which has been filled with boiling water. Cover and heat the milk rapidly (154-196° F.); keep it at this temperature for half an hour. Remove from the stove and cool quickly. It may also be put into closed jars, heated in a double boiler, and kept at the stated temperature for half an hour. The best results are obtained when the milk is reheated some twenty-

four hours after the first heating, the jars having been kept closed.

Sterilizing is a wise precaution in preventing the spread of disease through infected milk. Milk so treated will keep without undergoing the usual fermentation to which milk is subject, so long as the jars are kept closed. It will, however, soon sour after the cans are opened.

#### 22 SOUR MILK

A germ found floating in the air attacks a portion of the lactose in the milk, converting it into lactic acid. This in turn acts upon the casein (proteid) and precipitates it, producing what is known as curd and whey.

#### 23 WHEY

Whey is the fluid that exudes from clotted milk, and is of small nutritive value. It contains water, salt, and some sugar. It is beneficial in some cases, in that it contains slight laxative properties.

#### 24 COMPOSITION OF BUTTERMILK

Proteid	4.1 %	Fat	2.5 %
Lactose	3.6 %	Mineral matter	0.8 %
Water	89 %		

The watery looking residue, or the liquid which remains after butter has come, is known as buttermilk, and when taken fresh is a wholesome beverage. It is valuable for the lactic acid it contains, and is very easily digested, owing to the absence of fat and to the fine form the casein is in. It has also certain laxative properties, which make it valuable in certain diseases.

#### 25 COMPOSITION OF BUTTER

Fat	93 %	Casein	0.71 %
Water	5.34 %	Mineral matter	0.95 %
Butter is a free fat. It should be kept in a cool place			

and well covered, otherwise it is liable to become rancid. This is due to the albuminous constituents of the milk, acting as a ferment, setting free the fatty acids. Poor butter has not been thoroughly worked during manufacture; consequently more casein remains, and therefore it is more apt to be rancid.

Butter which has become rancid by too long keeping may be greatly improved by sterilizing, heating, and quickly chilling with ice water.

The butter will rise to the top, and may be easily removed, or strained through three or four thicknesses of cheesecloth to remove the casein. It may be then poured into bottles and corked up. If thus treated when fresh, butter may be kept almost indefinitely.

The composition of butter varies so greatly, owing to the different animals and to the process of manufacture, that it is impossible to give an exact analysis.

#### 26 YOGURT

Yogurt tablets are a preparation of the famous Oriental ferment, the most active of which is the bacillus Bulgaricus. It was discovered by Gregoroff of Geneva.

This ferment is recommended and used by the most noted European physicians, and is recognized as one of the most effective of all known means of combating intestinal autointoxication, thus preventing and aiding in the cure of a great many chronic ailments.

#### 27 YOGURT, NO. 1

1 quart milk. 4 yogurt tablets.

Heat the milk to boiling in a double boiler for ten minutes. Cool to about 95° F. Add the yogurt tablets (manufactured by the Good Health Pub. Co., Battle Creek, Mich), dissolved in a little of the warm milk. Set in a warm place, covered, for twenty-four hours, or until it

begins to coagulate. Beat until perfectly smooth, then set in the refrigerator; when cold it is ready for use.

**28 YOGURT NO. 2 (Buttermilk)**

1 quart milk. 1 Lactone Tablet.

Make the same as Yogurt, No. 1, using the Lactone or Buttermilk tablets (manufactured by Park Davies & Co., Detroit, Mich.).

**29 COMBINING INGREDIENTS**

Great care should be taken in measuring and combining foods in preparing them for cooking, because a most important principle underlying success in cooking is accuracy in measurements. Many excellent recipes prove a failure simply from carelessness.

(30) *Stirring*.—By stirring is meant a continuous motion, round and round. The object is to blend the materials. This is not necessarily done in one direction, as some suppose. In blending flour and water, use a wire egg-beater.

(31) *Beating*.—Beating is for the purpose of incorporating as much air in the mixture as possible. It is altogether different from stirring, and the two should not be combined. It is done by dipping the spoon or wire beater in and out, cutting clear through and lifting from the bottom with each stroke, so as to bring the under part to the surface.

Breads, batter, and cakes may be made light, without the use of baking-powder or soda, by being thoroughly beaten, and baked in a hot oven.

(32) *Kneading*.—This process is performed after the mixture is too stiff for stirring and is in the form of dough. It combines the materials more thoroughly together, and also serves to incorporate air. This may be most easily done by gathering up the dough from the edges with the

tips of the fingers, turning and pressing it with a sort of rocking motion with the palms of the hands.

(33) *Cutting and Folding.*—Cutting and folding is a combination of two motions, or the introduction of one ingredient into another ingredient or mixture by two motions with a spoon or wire egg-beater,—a repeated vertical, downward motion, known as cutting, and a turning over and over of the mixture, allowing the spoon or beater each time to come in contact with the bottom of the dish. Thus turning of the ingredients over and over so as to bring the under portion to the surface each time is called *folding*. Folding is to prevent the air already introduced from escaping.

#### **\* WEIGHTS AND MEASURES**

4 gills .....	1 pint
2 pints .....	1 quart
4 quarts .....	1 gallon
$\frac{1}{2}$ cupful .....	1 gill
4 cupfuls .....	1 quart
16 tablespoons of liquid.....	1 cupful
8 rounding tablespoonfuls of dry material .....	1 cupful
1 cupful .....	1 pint
30 drops of liquid.....	1 teaspoonful
1 tablespoonful of liquid.....	1 ounce
1 tablespoonful of butter.....	1 ounce
1 tablespoonful of flour.....	$\frac{1}{2}$ ounce
1 tablespoonful granulated sugar	1 ounce
1 cupful of liquid.....	8 ounces
1 heaping tablespoonful powdered sugar .....	1 ounce
1 heaping tablespoonful of salt	1 ounce
4 wineglassfuls .....	1 cupful
16 ounces .....	1 pound

1 pint granulated sugar .....	1 pound
1 pint powdered sugar.....	14 ounces
1 pint table salt .....	14 ounces
1 pint butter .....	1 pound
10 medium sized eggs .....	1 pound
½ ounce of bottled extract....	12 teaspoonfuls
A speck or pinch .....	¼ saltspoonful
4 saltspoonfuls .....	1 teaspoonful
1 saltspoonful .....	¼ teaspoonful
4 teaspoonfuls .....	1 tablespoonful
2 gills .....	1 cupful
1 wineglassful .....	½ gill
1 cupful of rice .....	½ pound
1 cupful of cornmeal .....	6 ounces
1 cupful steamed raisins .....	6 ounces
1 cupful of cleaned currants...	6 ounces
1 cupful of stale bread crumbs..	2 ounces
2 teaspoonfuls .....	1 dessertspoonful
2 dessertspoonfuls .....	1 tablespoonful

The cup used in measuring is a tin or glass half-pint cup, divided into fourths, thirds, and halves.

A speck or pinch is what can be placed within one-fourth square inch surface.

One-half spoonful is measured by dividing through the middle lengthwise, and one-fourth by dividing one-half crosswise again.

A spoonful is one that presents the same convex appearance above the edge of the spoon as at the bottom; or when fully rounded, it holds just twice as much as a level spoonful.

In measuring a level spoonful, it is best to level the top with a knife to obtain the exact amount.

**85 ABBREVIATIONS**

1 tsp.	.....	1 teaspoonful
1 tbsp.	.....	1 tablespoonful
1 cup or c.	.....	1 cupful
1 gi.	.....	1 gill
1 pt.	.....	1 pint
1 qt.	.....	1 quart
1 hp. sp.	.....	1 heaping spoonful
1 r. sp.	.....	1 rounding spoonful
1 gal or g.	.....	1 gallon
1 pk.	.....	1 peck
1 lb.	.....	1 pound
1 bu.	.....	1 bushel
1 oz.	.....	1 ounce
1 dsp.	.....	1 dessertspoonful
1 lev. sp.	.....	1 level spoonful

# Hygienic Cooking

## <sup>36</sup> METHODS

The following are the principal methods employed in the cooking of foods: Boiling, Baking, Broiling, Steaming, Stewing, Braizing, Roasting, Simmering, and Frying, which we shall consider separately.

## <sup>37</sup> BOILING

Boiling as applied to cookery means cooking in a boiling liquid. Boiling is one of the most common forms of cooking, and is the best way of cooking many kinds of foods which need the action of water or liquid combined with heat.

When water becomes too hot to bear the hand in it with comfort, it has reached the scalding point, or 150° F. Water boils when there is quite a commotion on the surface and bubbles that rise to the top throw off steam when broken; it has then reached 212° F. The important fact is rarely known to the average cook that when water reaches the boiling point it gets no hotter, no matter how hard it boils, because the excess heat escapes in the steam, and much fuel is wasted because of the idea that violently boiling water cooks food more quickly. On the other hand, it drives away the savory elements of the food, rendering it much less palatable, if not altogether tasteless.

Boiling expels all the air and gases which give fresh water its sparkle and vitality; therefore the sooner water is used after it begins to boil the more satisfactory will be the results.

Food should be put to cook in cold or boiling water according to the object to be obtained in their cooking.

Cold water should be used when the nutritious elements are to be extracted, such as soups and broths. When foods are to be kept intact as much as possible, they should be put to cook in boiling water. Salt water should be used when it is desired to retain the flavors and soluble parts, as in most greens and vegetables.

Cold water acts very slightly upon starch, and draws it out of vegetables; while boiling water bursts starch grains, and is absorbed by the swelling starch, so as to occupy nearly the whole volume of water. It softens the cellulose in cereals and vegetables.

Cold water extracts albumen; hot water coagulates it.

Milk is best heated in a double boiler, because it, being thicker than water, becomes hot sooner, adheres to the bottom of the pan, and burns easily. At its boiling temperature, 214° F., the casein contained in the milk is slightly hardened and its fat rendered more difficult of digestion.

First, when anything begins to boil, it should be kept at a steady boil until done. If it falls below the boiling point, it does not cook so quickly and is not so good. Second, it is best not to use water that has been boiled the second time for cooking. Third, the temperature should be kept as nearly even as possible; except it may gradually fall at the end.

### 88 BAKING

Baking is the cooking of food by dry heat, as in a closed oven. The closely confined heat of the oven develops flavors which are not obtained by any other form of cooking.

The foods most adapted for cooking by this method are those which contain considerable moisture, and it is very important that every cook understand how to regulate the oven, because the baking of some foods is as important as the mixing.

Most all flour mixtures, such as bread, cakes, and some kinds of pudding, are more wholesome when baked, provided they are thoroughly cooked.

Large loaves of bread require one hour and fifteen minutes to bake thoroughly. Usually moderate heat is better than intense heat.

#### <sup>39</sup> BROILING OR GRILLING

Broiling is cooking over radiant heat, over glowing coals, or over clear fire.

Pan-broiling is broiling on a hot surface instead of fire or hot coals.

A soapstone or gridiron is excellent for this purpose. The intense heat, combined with the free action of the air, applied to the food, soon sears its outer surface, prevents the juice from escaping, and produces a fine flavor.

If the food is frequently turned, so that its entire surface will be thus acted upon, and the heat gradually lowered, the interior of the mass will be cooked by its own juice. The high temperature rapidly imparted by radiation to the surface of a piece of food forms a superficial crust of hardened and semi-carbonized albumen and fiber that resists the outrush of vapor, and produces within a certain degree of pressure which acts in loosening the fibers.

The hotter the fire and the oftener the mass is turned the better.

#### <sup>40</sup> STEAMING

Steaming is the cooking of food by steam. It is a very satisfactory and convenient method, without much loss of substance, and requires less attention.

There are several ways of steaming. The most common way is to place the food in a perforated dish over a vessel of boiling water, the steam carrying the heat directly to the food.

Another way is by means of a double boiler, placing

the food, with or without water as needed, in a closed vessel, which is placed inside another containing boiling water. By this method the heat is conveyed from the boiling water to the food through the inner boiler.

The water should boil steadily until the food is done. Watery vegetables are made drier by steaming.

Another method is that of placing the food in a covered dish in a hot oven, cooking it in its own juices, which is sometimes called "smothered;" or it may be placed in another dish of hot water and covered closely, called a double baker.

#### 41 STEWING

Stewing is cooking in a small quantity of liquid for a long time, at a temperature just below the boiling point, which is most easily secured by using a double boiler. Food that is stewed loses less nutriment than when rapidly boiled, and holds its form better.

Dried fruit, soaked over night in scalding, sweetened water, and stewed in the same several hours, is excellent.

#### 42 BRAIZING

Braising is a combination of stewing and baking, and should be done in a deep pan with a close-fitting cover, so as to confine the heat and steam, thus cooking the food in its own vapor.

This method of cooking is especially to be recommended when the article to be cooked is tough and flavorless, broth or stock and flavorings being put with it.

Braized dishes are highly esteemed, the success of which depends on slow cooking for a long time, which is best done in the oven.

#### 43 ROASTING

Roasting is cooking by exposure to heat. The food is cooked in its own juices. This method may be used by the clear, open fire or in the oven, according to the character of the article of food to be cooked.

If done in the oven, it requires long and slow cooking, and is one of the best ways of preparing food. The oven should, for the first fifteen minutes, be very hot, then kept at a moderate heat only. The food may or may not be dredged with flour, but should be basted frequently.

#### 44 SIMMERING

Simmering is slow or gentle, steady boiling. This is best done in the oven, because anything cooked in the oven has a better flavor than when cooked on top of the stove.

This is a method which is often mistaken for stewing.

It may also be added here that everything, if gently simmered, will be more tender than if rapidly boiled.

#### 45 FRYING

Frying means the complete immersion of the article to be cooked in boiling fat, and is a method not to be recommended, because fat is rendered less digestible by cooking or heating to a very high degree, which is from 350 to 400° F. (without motion), because fat will not bubble like water when it boils.

What is ordinarily understood by frying—that is, cooking an article on both sides with just enough fat to cover the bottom of the pan—is properly termed *sauteing*, and is the most unwholesome way of preparing food.

In the process of frying, the action of the heat partially decomposes the fat; in consequence, various poisonous substances are formed, highly detrimental to the digestion of the partaker of the food.

Fat is not acted upon by the gastric juice; therefore a morsel of food thus encrusted with fat remains undigested in the stomach, and also interferes with the digestion of the other food elements of which it is composed.

If such foods are habitually used, digestion will soon become slow, and the gastric juice so deficient in quantity that fermentation and putrefactive changes are caused, resulting in serious disturbance of health.

# Soups

## \* SOUPS

In speaking of soup, a preparation made from meat and bones is usually thought of; but we will take into consideration some soups which are not made from meat, and also show why such soups are superior to meat soups. Contrary to the prevailing idea, meat soups contain but very little nourishment.

We will compare the food value of a few liquid foods, the figures being based upon tables of food values issued by the United States Government:—

	Food units per ounce
Beef Soup .....	8.0
Beef Juice .....	7.5
Milk .....	20.6
Pea Soup .....	25.9
Bean Soup .....	25.1

Pea soup and bean soup, having this nutritive value, are made from beans or peas and water, one pound of beans or peas making two quarts of soup. Thus it will be seen that all common liquid foods are more nutritious than meat soups, broths, or extracts.

But there are other reasons than their greater nutritive value why soups made from vegetable foods are superior to meat stock soups.

It is to be considered that water and pressure not only fail to extract the alimentary principles of meat, but that the products of destructive assimilation are thereby extracted.

Broths prepared from grains, legumes, and vegetables possess a much higher nutritive value, and are free from the objectionable features of meat broths.

Every time an animal contracts a muscle, waste products are produced in its body. These are in the flesh after the animal is killed; and these substances would have been carried off by the excretory organs if the animal had lived long enough. They are dissolved in the water in making meat soups.

The fiber is the nutritive part of the meat, and very little of that can be dissolved in the water by boiling. After soup or broth has been made from meat, the meat remains very nearly as nutritious as it was before the soup was made from it.

It has simply lost its flavor, and this flavor is due to the waste products in the meat. When we eat such soups, we are taking into our bodies the very substances which our bodies are constantly trying to get rid of.

The exact opposite is true of the soups made from vegetables, for they are rich in mineral salts, which are the substances that keep the blood alkaline. We can plainly see that when the blood becomes acid by the accumulation of waste products in the body, the power to fight disease germs is lessened.

A large variety of soups may be made by using milk or cream; such as cream of corn, cream of pea, beans, or rice, and a number of tomato soups, and also fruit soups. Vegetables that are too tough and old to cook in any other way, may be used to advantage in soups.

#### 47 THICKENING FOR SOUPS

Soups are usually thickened with flour, rice flour, or cornstarch, one tablespoonful for a quart of soup—if flour is used, add more.

When butter and flour are used, put the butter in a sauce pan, and, when melted, stir in the flour quickly until

smooth, being careful not to brown or scorch the butter; then add gradually about a cupful of hot soup or water, according to directions. Let it boil and thicken as you add the liquid. It should be thin enough to pour.

When a brown thickening is desired, add an equal amount of brown and white flour. Flour that has been browned while dry, browns but does not thicken much. Thickened soups should be of the consistency of good cream.

#### <sup>48</sup> CROUTONS FOR SOUP

Cut slices of bread one-third of an inch thick; cut in cubes; toast thoroughly in the oven until a golden brown.

#### <sup>49</sup> HOW TO CLEAR SOUP STOCK

Remove the fat, and allow the white and shell of one egg for every quart of stock. If you wish to flavor the stock more highly, add a little celery salt and a thin shaving from the rind of a lemon. Add also the lemon juice and more salt if needed.

Mix all together with the cold stock, and heat it well. If the stock is hot when the egg is added, the egg will harden before it has done its work.

Let it set over the fire, and stir it all the time until it is hot, to keep the egg from setting. A thick scum will form, and as it breaks, the liquid will be clear and sparkling like wine, and darker than before. Draw it back on the stove, and add half a cup of cold water. Let it stand ten minutes, and strain through a fine napkin. Put a fine wire strainer on the napkin and pour it all through. The strainer will catch the scum and shell. Let it take its own time to drain.

Reheat to boiling, and serve as clear soup or consomme.

**<sup>50</sup> NUT FRENCH SOUP**

$\frac{1}{2}$ cup nut soup stock or	1 pint water
2 tbsp. nut butter	1 teaspoonful thyme
1 qt. strained tomatoes	1 small onion
1 tbsp. browned flour	1 bay leaf .
$\frac{1}{4}$ tsp. sage	

Emulsify the soup stock or nut butter in the water. Heat to boiling, and add brown flour, rubbed smooth in a little cold water; then add seasoning. Cook a few minutes, and salt to taste.

**<sup>51</sup> WASHINGTON SOUP**

$\frac{1}{3}$ cup nut soup stock	1 tbsp. brown flour
1 qt. strained tomatoes	$\frac{1}{2}$ tsp. celery salt
$\frac{1}{4}$ tsp. thyme	Salt to taste

Make the same as nut French soup. Two tablespoonfuls of nut butter may be used instead of the nut soup stock.

**<sup>52</sup> VEGETABLE SOUP, NO. 1**

1 cup cabbage	1 pint strained tomatoes.
1 quart potatoes	$\frac{1}{2}$ cup onions
1 cup carrots	$\frac{3}{4}$ cup celery
2 tablespoonfuls nut soup stock or cocoanut butter	
Add cold water, and cook vegetables until done; put through a colander, and add water enough to make it the consistency of soup.	

Heat to boiling, salt to taste, and serve.

**<sup>53</sup> VEGETABLE SOUP, No. 2**

1 cup cabbage	1 cup potatoes
1 cup cauliflower	$\frac{2}{3}$ cup nut butter
$\frac{1}{2}$ cup turnips	1 onion

Cut the vegetables in small pieces, and cook until done;

then put through a colander. Add more water to make it the right consistency.

Season to taste with salt and thyme.

The vegetables may also be diced fine and left in the soup, instead of putting them through the colander, if preferred.

#### "VEGETABLE SOUP, NO. 3

1 cup strained tomatoes	1 onion
1 pint potatoes	$\frac{1}{2}$ cup celery
$\frac{1}{4}$ cup turnips	2 quarts water
$\frac{1}{4}$ cup cabbage	$\frac{1}{2}$ tbsp. flour
2 tbsp. butter	Pinch of thyme
	1 bay leaf

Dice the vegetables fine, then put on to cook in the water, and cook slowly for three hours, adding more water as it boils away. Then add the tomato juice. Melt the butter and stir in the flour, and add the soup and seasoning. Boil a few minutes longer.

#### "NUT SOUP STOCK

2 tbsp. nut soup stock	$\frac{2}{3}$ cup cooked vermicelli
1 quart water	1 small onion, grated
1 cup strained tomatoes	1 bay leaf
1 cup peas, whole	Salt to taste

Emulsify the soup stock in the water, heat to boiling; mix all together, and boil at least one hour.

#### "NUT STOCK

1 pint protose	1 cup tomato juice
$\frac{1}{2}$ cup nuttolene	1 small onion

Cut protose and nuttolene in small cubes, mix all together, and cook three hours. Strain and use for soups and gravies. Season with salt and thyme.

## 57 VEGETABLE STOCK

1 cup cabbage	1 cup tomato juice
1 cup cauliflower	2 onions
$\frac{1}{2}$ cup celery	$\frac{1}{2}$ cup turnips

Put all together in cold water, enough to cover; cook three hours, then strain through a colander. Heat to boiling, season with thyme, and salt to taste.

## 58 TOMATO BISQUE (SOUP), NO. 1

$\frac{1}{4}$ cup nut butter	5 cups strained tomatoes
3 cups water	Bay leaves and thyme to season

Emulsify the nut butter in the water, add to the tomatoes, and put in seasoning. Heat to boiling, and cook about thirty minutes.

Salt to taste and serve. A little cream may be added, if desired.

## 59 TOMATO BISQUE (SOUP), No. 2

$\frac{1}{4}$ cup nut butter	3 cups strained tomatoes
5 cups water	1 tbsp. white flour
$1\frac{1}{2}$ tbsp. butter	$\frac{1}{2}$ tbsp. brown flour

Emulsify the nut butter in half the water; then melt the butter and stir in the flour; add to it one cup of hot water, and stir until smooth. Heat the tomatoes and water to boiling; then put all together. Season with thyme, and salt to taste.

## 60 LENTIL SOUP

2 cups lentils	1 tbsp. nut butter
1 small onion	1 tbsp. brown flour
Salt to taste	1 cup strained tomatoes

Soak the lentils over night. While cooking, add the onion; and when the lentils are done, put them through a

colander. Add water to make it the right consistency, a little thick; then put in the tomatoes. Emulsify the nut butter in a little cold water, and add.

Heat to boiling, thicken with the flour, and salt to taste.

#### <sup>61</sup> CREAM VEGETABLE SOUP

2 turnips	1 cup shredded cabbage
3 onions	$\frac{1}{4}$ cup corn
4 potatoes	2 quarts milk
2 tbsp. butter	1 tbsp. flour

Dice the vegetables quite fine, put all together, and cook two hours; add the corn ten minutes before the vegetables are done.

Melt the butter, and stir in the flour and a cup of hot water; add the hot milk, and put all together. The corn may be omitted.

Heat and salt to taste just before serving.

#### <sup>62</sup> NUT BARLEY SOUP

1 cup strained tomatoes	2 stocks of celery
$\frac{1}{2}$ cup nut soup stock or	$\frac{2}{3}$ cup barley
$\frac{1}{4}$ cup nut butter	2 quarts water

Emulsify the soup stock in part of the water, and cook the barley in it. Cook the celery in the rest of the water fifteen minutes; then remove celery, and add flavored water to the barley.

Heat to boiling, salt to taste, and serve.

#### <sup>63</sup> SAVORY POTATO SOUP

1 $\frac{1}{4}$ quarts potatoes	1 grated onion
2 $\frac{1}{2}$ quarts milk	3 tbsp. butter
1/5 tsp. celery salt	2 tbsp. flour

Cook the potatoes and put through a colander; heat to boiling and add to the hot milk; then melt the butter and

stir in the flour; add one pint of hot water, and stir until smooth; then put in with the soup. Heat to boiling, season to taste, and serve.

#### <sup>64</sup> CREAM POTATO SOUP

1½ quarts milk	3 tbsp. butter
½ quart cream	2 tbsp. flour
1½ quarts potatoes	Salt to taste

Cook the potatoes and put through a colander; add the hot milk; then melt the butter and stir in the flour; add one cup of hot water, and stir until smooth. Heat to boiling, salt to taste, and serve at once.

#### <sup>65</sup> CREAM DICED POTATO SOUP

2 quarts milk	1 quart diced potatoes
3 tbsp. butter	2½ tbps. flour

Cook the potatoes and add to the hot milk; then melt the butter and stir in the flour; add a cup of hot water and stir until smooth. Cook a few minutes, and add to the soup.

Heat to boiling, salt to taste, and serve at once.

#### <sup>66</sup> PEA AND TOMATO SOUP

1 cup peas, pulp	½ tbsp. brown flour
1 pint strained tomatoes	1½ tbsp. butter
1 tbsp. white flour	1½ pint water

Mix all together; then melt the butter and stir in the flour. Add one pint of the hot water and stir until smooth. Add to the soup, season with thyme, and salt to taste.

#### <sup>67</sup> TOMATO RICE SOUP

2 cups strained tomatoes	½ cup hot water
2 tbsp. rice	½ tbsp. brown flour
½ tbsp. white flour	1½ tbsp. butter

Cook rice in water until tender, and add to the hot

tomatoes. Melt the butter and stir in the flour and hot water until smooth; then add to the soup. Heat to boiling, and salt to taste.

#### 68 FRUIT SOUP

2 cups strawberry juice	$\frac{1}{4}$ tbsp. sago
$\frac{1}{2}$ cup pineapple juice.	$\frac{1}{4}$ tbsp. sugar
1 cup water	$\frac{1}{3}$ tbsp. lemon juice

Mix all together, put in sago, and cook in a double boiler for thirty minutes. Serve with diced pineapple or banana. Peach, apple, cherry, currant, or cranberry juice may be used instead of strawberry and pineapple.

Some of the fruit may be cooked in the soup, such as prunes, raisins, currants, etc.

Very nice served cold with ice in warm weather. A great variety of fruit soups may be made for a change.

#### 69 CREAM OF RICE SOUP

2 cups milk	1 tbsp. butter
1 cup water	$\frac{1}{2}$ tbsp. flour
2 tbsp. rice	Salt to taste

Cook the rice in water until tender; add milk which has been heated; melt the butter and stir in the flour and one cup of hot water until smooth. Add to the soup, salt to taste, and serve at once.

#### 70 CLEAR TOMATO SOUP

1 pint tomato juice	$\frac{1}{2}$ cup water
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Mix all together; heat to boiling, salt to taste, and serve with croutons (No. 48).

#### 71 NUT BOUILLON

3 cups tomato juice	$\frac{1}{2}$ cup nut soup stock
2 cups water	1 tsp. salt

Emulsify the soup stock in the water, heat to boiling; now heat the tomato juice to boiling and mix together.

Cook for a few minutes, add salt, and serve with croutons.

#### <sup>72</sup> POTATO CHOWDER (SOUP)

2 cups potatoes	$\frac{1}{4}$ tsp. minced parsley
1 small onion	3 cups water
1 cup shredded potatoes	2 cups cream

Cook potatoes; put through colander; add hot water and cream; then put in the parsley and shredded potatoes. Cook fifteen minutes, salt to taste, and serve.

#### <sup>73</sup> POTATO BISQUE SOUP

1 $\frac{1}{4}$ cups mashed potatoes	1 tbsp. chopped celery
1 small onion	1 quart hot water
1 cup hot cream	2 tbsp. butter
1 tbsp. chopped parsley	2 tbsp. flour

Cook onion and celery in the water; pour through a colander into the mashed potatoes; set over the fire; melt the butter; stir in the flour and hot milk until smooth.

Add parsley and salt to taste just before serving.

#### <sup>74</sup> SWISS LENTIL SOUP

1 pint lentils	$\frac{3}{4}$ cup potatoes
1 small onion	1 tbsp. butter or cooking oil
1 turnip	Salt to taste

Cook all together until tender; take the onion out and put the rest through a colander; add water to make it the right consistency; add the butter. Season and serve hot.

#### <sup>75</sup> SPLIT PEA SOUP

$\frac{1}{2}$ cup split peas	1 cup milk
$\frac{1}{2}$ cup cream	$\frac{1}{4}$ tsp. celery salt
1 tbsp. butter	$\frac{3}{4}$ tbsp. flour

Cook peas in boiling water until tender, put through

a colander, and add to the hot cream and milk. Melt the butter and brown slightly; stir in the flour and a cup of hot water until smooth.

Cook a few minutes, and add to the soup. Heat to boiling, salt to taste, and serve at once.

#### " SCOTCH PEA SOUP

1 cup Scotch peas	2 cups water
2 tbsp. nut butter	Parsley and thyme

Cook the peas until tender, about six hours, and put through a colander. Emulsify the nut butter in the water and add to the peas; boil five minutes. Strain, and salt to taste.

#### " VEGETABLE BOUILLON

1 cup potatoes	$\frac{1}{4}$ cup peas
1½ cups tomato juice	1 small red beet
$\frac{1}{3}$ cup beans	1 carrot
2 onions	1 turnip
Sprig of parsley	Bay leaf and thyme

Cook vegetables for six hours; add peas, beans, and tomato juice and seasoning. Cook two hours longer; strain through a colander, but do not mash it; then strain through a cheesecloth until clear. Season and serve with croutons.

#### 78. TOMATO BOUILLON

1 pint strained tomatoes	1 pint hot water
1 chopped onion	1 tbsp. butter
$\frac{1}{2}$ tbsp. brown flour	$\frac{2}{3}$ tbsp. white flour
1 bay leaf	Small pinch of thyme

Put the chopped onion in a buttered pan over a slow fire, and cook until well browned but not scorched; then add a little water, and cook until tender. Heat the tomatoes and add to the onions. Melt the butter and stir in the flour and hot water until smooth.

Cook a few minutes and add to the other mixture. Strain through a fine strainer, salt to taste, and serve hot.

#### <sup>79</sup> CONSOMME ROYAL

1 pint protose	$\frac{1}{4}$ cup nuttolene
$\frac{1}{4}$ cup peas	$\frac{1}{4}$ cup tomato juice
2 quarts water	$\frac{1}{4}$ cup lima beans

Cook from three to five hours. Strain through a colander, but do not mash it; then strain through a cheese-cloth, and if not clear, follow the directions for clearing soup stock (No. 49).

#### *Croutons for Above Soup*

1½ cups soup stock	$\frac{1}{4}$ tbsp. lemon juice
$\frac{1}{2}$ tbsp. flour	2 eggs, well beaten

Heat the stock to boiling, thicken with the flour, and pour over the eggs. Add lemon juice and salt to taste.

Cook until custard is set; cool and cut into small pieces and add to the soup just before serving.

#### <sup>80</sup> BEAN TAPIOCA SOUP

1½ cups beans	1 tbsp. tapioca
1 quart hot water	1 tbsp. butter
	$\frac{1}{2}$ tbsp. flour

Cook the beans, then put through a colander. Soak the tapioca in half a cup of water three hours; cook in the hot water until transparent. Put all together. Melt the butter and stir in the flour and a cup of hot water.

Boil a few minutes, put in with the soup, heat to boiling, salt to taste, and serve.

#### <sup>81</sup> NAVY BEAN SOUP

1 pint water	1 cup cream
1 cup navy beans	1 tbsp. butter
	1 tbsp. flour

Cook the beans until tender; add the water and cream.

Melt the butter and brown very slightly; stir in the flour and one-half cup of hot water until smooth. Cook a few minutes and add to the soup; salt to taste and serve hot.

#### **82 LIMA BEAN SOUP**

3 cups milk	1 cup cream
1 cup lima beans	1 tbsp. butter
$\frac{3}{4}$ tbsp. flour	Salt to taste

Make the same as cream of bean soup (No. 97).

#### **83 CREAM OF LENTIL SOUP**

$\frac{1}{2}$ cup lentils	$\frac{1}{2}$ cup water
$2\frac{1}{2}$ cups milk	2 tsp. butter
1 cup cream	$1\frac{1}{2}$ tsp. flour

Soak the lentils over night, renew the water, then cook until tender; put through a colander; then add the hot milk and cream.

Melt the butter and stir in the flour and hot water.

Cook a few minutes and add to the soup. Salt to taste and serve at once.

#### **84 ALMOND CREAM SOUP**

2 tbsp. almond butter	1 pint cream
1 pint water	Salt to taste

Heat cream to boiling, dissolve almond butter in the water and boil a few minutes, add hot cream, salt to taste, and serve at once.

#### **85 CREAM OF BARLEY SOUP**

2 tbsp. barley	1 quart milk
1 tbsp. butter	1 tbsp. flour
$\frac{1}{2}$ tsp. celery salt	Salt to taste

Cook barley and put through a colander, or leave

whole if preferred; then add milk. Melt the butter and stir in the flour and a cup of hot water; stir until smooth, then add to the soup.

Heat to boiling and season just before serving.

#### <sup>86</sup> CREAM OF ASPARAGUS SOUP

1 cup asparagus	1 tsp. celery salt
1 quart milk	1½ tbsp. butter
1 tbsp. flour	Salt to taste

Cook asparagus, put through a colander, and add to the hot milk.

Melt the butter and stir in the flour and one cup of hot water until smooth. Cook a few minutes and add to the soup. Cut off the tips of the asparagus half an inch, cook separately, and add to the soup. Salt just before serving.

#### <sup>87</sup> CREAM OF CORN SOUP

½ cup corn	1 tbsp. flour
1 pint milk	1½ tbsp. butter

Cook the corn (if not cooked) and put through a colander; then add to the hot milk. Have both milk and corn hot, or it may curdle.

Melt the butter and stir in the flour; add a cup of hot water and stir until smooth; cook a few minutes, then add to the soup.

Salt to taste just before serving.

#### <sup>88</sup> MALTED NUT BROTH

½ cup malted nuts	1 quart water
¼ cup gluten meal	Salt to taste

Have the water boiling hot; then stir in the malted nuts and gluten meal. Let cook about fifteen minutes, and serve hot.

**\*<sup>89</sup> CREAM OF CAULIFLOWER SOUP**

1 quart milk	$\frac{1}{2}$ cup cauliflower
1½ tbsp. butter	1 tbsp. flour

Cook the cauliflower until tender, put through a colander, then add to the milk; now melt the butter and stir in the flour; add slowly one-half cup of hot water, stirring until smooth. Add to the soup, and salt to taste just before serving.

Take several nice heads of cauliflower, dice fine, cook fifteen minutes, and add to the soup just before serving.

**\*<sup>90</sup> NUT AND BEAN SOUP**

1 tbsp. nut soup stock	3 cups water
$\frac{1}{3}$ cup beans	1/16 tsp. thyme

Emulsify the soup stock in part of the water. Cook the beans and put through a colander; then put all together. Heat to boiling, salt to taste, and serve.

**\*<sup>91</sup> NUT AND RICE SOUP**

2 quarts water	1½ tsp. chopped onions
$\frac{3}{4}$ cup rice	$\frac{1}{8}$ tsp. sage

1 tbsp. nut soup stock or 1½ tbsp. nut butter

Emulsify the nut soup stock in part of the water; then add the rest of the water and the rice. Cook in a double boiler for one hour. Tie the onion and sage in a cloth and put in the soup, but just before serving remove it, and salt to taste.

**\*<sup>92</sup> CREAM OF CELERY SOUP**

1 quart milk	$\frac{1}{2}$ cup celery
1 tbsp. flour	1½ tbsp. butter
$\frac{1}{4}$ cup chopped celery	Salt to taste

Cook celery in water, enough to cover; when done, put through a colander; add to the milk, which should be boiling hot.

Melt the butter and stir in the flour, stirring until smooth, and add slowly one-half cup of hot water; put into the soup; then add the chopped celery, which has been cooked separately in just enough water to cover.

Salt to taste and serve at once.

#### <sup>93</sup> VEGETARIAN CONSOMME

1½ cups strained tomatoes	2 turnips
6 cups water	2 carrots
1 cup chopped celery	1 large onion
A sprig of parsley	Pinch of thyme

Pare the vegetables and cut in small pieces; then put all together and cook for two hours. Strain through a cheesecloth or fine strainer. Salt to taste and serve with croutons.

#### <sup>94</sup> TOMATO VERMICELLI SOUP, NO. 1

1 quart strained tomatoes	1 tbsp. nutmeal
½ cup vermicelli	1 tbsp. flour

Heat the tomatoes to boiling and thicken with the flour; add the vermicelli, which has been cooked separately. Stir in the nutmeal, and salt to taste.

#### <sup>95</sup> TOMATO VERMICELLI SOUP, NO. 2

1 pint strained tomatoes	2 tbsp. butter
1 pint water	1½ tbsp. flour
½ cup vermicelli	

Heat the tomatoes and water; melt the butter and stir in the flour until smooth; add slowly enough of the tomato to make it the consistency of gravy, stirring well to prevent lumping; then put all together.

Add vermicelli, which has been cooked separately. Salt to taste and serve.

**\*6 CREAM OF TOMATO SOUP**

1 quart milk	$\frac{2}{3}$ cup water
1 $\frac{1}{4}$ cup strained tomatoes	1 $\frac{1}{2}$ tbsp. butter
1 tbsp. flour	Salt to taste

Heat the milk and tomato to boiling; then melt the butter and stir in the flour; slowly add the water, stirring well until smooth; then add to the milk and tomato.

Just before serving, add the tomato to the milk slowly, and beat well to prevent curdling. The tomato and milk should be the same temperature, a little below boiling.

Salt to taste and serve at once.

**\*7 CREAM OF BEAN SOUP**

1 pint navy beans	1 $\frac{1}{4}$ tbsp. butter
1 quart milk	1 tbsp. flour
	$\frac{1}{2}$ cup cream

Cook the beans, put through a colander, and add to the hot milk and cream. Melt the butter and stir in the flour until smooth; then stir in one cup of the milk or water, and add to the soup.

Salt to taste and serve.

**\*8 ALMOND CREAM OF CORN SOUP**

2 cups water	2 tbsp. almond butter
1 pint corn	Salt to taste

Emulsify the almond butter in the water; put the corn through a colander and add to the almond butter and water. Boil a few minutes and serve.

**\*9 KIDNEY BEAN SOUP**

1 $\frac{1}{2}$ cups kidney beans	1 quart water
1 $\frac{1}{2}$ tbsp. butter	1 $\frac{1}{4}$ tbsp. flour

Cook the beans, put through a colander, and add to the water. Melt the butter and stir in the flour and a cup of

hot water until smooth; cook a few minutes and add to the soup.

Salt to taste and serve hot.

#### <sup>100</sup> FRENCH TOMATO SOUP

1 quart strained tomatoes	1 pint water
1 tbsp. flour	1½ tbsp. butter
1 small onion	1 tsp. thyme
1 bay leaf	Pinch of sage or parsley

Heat the water and tomato; then melt the butter, stir in the flour, add to it the water and tomato, and stir until smooth.

Chop the onion and tie it in a cloth with the other seasoning; then boil thirty minutes, salt to taste, and serve hot.

#### <sup>101</sup> POTATO RIVEL SOUP

4 quarts water	1 qt. potatoes, diced fine
1 egg	1 cup flour

Cook the potatoes in part of the water until done; then add the rest of the water and heat to boiling. Beat up the egg; add the flour, rubbing smooth with the hands, like you would for pie crust; then stir this into the potatoes, and cook fifteen minutes.

Season with butter, and salt to taste.

#### <sup>102</sup> NOODLE SOUP

1 quart bean broth	1 quart potato broth
Pinch of salt	1 egg

Flour enough to make a very stiff dough

Beat the egg until light; add salt, work in the flour, and make a smooth dough. Roll out thin as a sheet of brown paper; let dry a few minutes, until it does not stick together.

Fold one-half over the other and roll up like a jelly

roll; then cut into very thin slices; separate them well; spread out to dry; then drop into the boiling broth, and cook twenty minutes; then season with butter and salt to taste and serve hot.

#### <sup>108</sup> CREAM OF PARSLEY SOUP

$\frac{1}{2}$ cup parsley	2 cups milk
1 cup cream	2 tbsp. butter
$1\frac{1}{2}$ tbsp. flour	Salt to taste

Heat milk and cream; melt the butter and stir in the flour and a cup of hot water. Cook a few minutes and add to the soup.

Chop the parsley fine and put in the soup. Salt to taste and serve at once.

#### <sup>104</sup> MOCK CHICKEN BROTH, NO. 1

$\frac{1}{2}$ cup protose	$\frac{1}{3}$ cup navy beans
$\frac{1}{2}$ cup nuttolene	$\frac{1}{4}$ cup kidney beans
1 quart water	$\frac{1}{4}$ cup chopped celery
1 tbsp. butter	$\frac{1}{2}$ cup chopped onion

Cook beans until nearly done; then add protose and nuttolene (cut in small pieces), onion, and celery; stew for one hour longer; add thyme, salt to taste, and serve hot.

#### <sup>105</sup> MOCK CHICKEN BROTH, NO. 2

1 cup protose	1 raw egg
1 cup nuttolene	$\frac{1}{2}$ cup lima beans
$\frac{1}{2}$ cup green peas	2 hard-boiled eggs

Cook beans and peas until nearly done; then add protose and nuttolene (cut in small pieces), and cook one hour longer.

Strain; put the eggs through a colander, and stir into the soup.

Beat the raw egg and mix with the soup; strain again, salt to taste, and serve hot.

<sup>106</sup> VELVET SOUP

1 pt. vegetable stock (No. 57)	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ cup cream	2 egg yolks

Heat milk to boiling and pour over the beaten yolks, beating well to prevent curdling; add stock, reheat, salt to taste, and serve at once.

<sup>107</sup> MOCK TURTLE SOUP

1 cup kidney beans	1 turnip
2 hard-boiled yolks	1 carrot
1½ tbsp. butter	2 onions
$\frac{1}{2}$ lemon, sliced thin	Salt to taste

Soak the beans over night in cold water; in the morning drain off the water, add fresh water, and cook until tender.

Also cook the other vegetables until done, then put through a colander; put in the soup kettle, and add more water if necessary.

Cut the butter in small pieces, roll in flour, and add to the soup; also the egg, cut in small pieces. Cook for fifteen minutes. Add lemon and salt. A little parsley and thyme may be added, if preferred.

<sup>108</sup> NUT CHOWDER (SOUP)

1 tbsp. nut butter	1 quart water
1 cup strained tomatoes	$\frac{1}{2}$ cup shredded nuttolene
$\frac{1}{3}$ cup cooked carrots, grated	Salt to taste
1 tsp. grated onion	2 hard-boiled eggs, shredded

Emulsify the nut butter in the water; cook ten minutes; also heat the tomatoes to boiling separately, then put all together and serve hot.

**<sup>109</sup> CREAM OF PARSNIP SOUP**

2 cups parsnips	1½ quarts milk
½ cup potatoes	A little celery salt
2 tbsp. butter or oil	1½ tbsp. flour

Cook the potatoes and parsnips until tender; then put through a colander; heat the milk to boiling and add. Now heat the butter and stir in the flour until smooth; stir in a cup of hot water, cook a few minutes, and add to the soup.

Salt to taste and serve at once.

**<sup>110</sup> BROWN POTATO SOUP**

1 pt. potatoes, sliced thin	1½ tbsp. flour
1 cup rich cream	½ cup butter
2 large onions	

Chop the onions; put in a buttered pan over a slow fire until well browned, but not scorched; then add water and cook until tender, and strain. Meanwhile cook the potatoes until tender; heat the cream and put in with the potatoes; then melt the butter and stir in the flour and hot water enough to make a thick gravy, and add to the soup.

Salt to taste and serve hot.

**<sup>111</sup> SWISS POTATO SOUP**

1 quart milk	½ tsp. celery salt
1 cup potatoes	1½ tbsp. butter
½ cup parsnips	1 tbsp. flour

Pare potatoes and scrape parsnips; then cook until tender, and put through a colander; heat the milk to boiling, and put together; then melt the butter and stir in the flour until smooth; add a cup of hot water, and cook a few minutes; then put in the soup.

Heat to boiling and salt to taste just before serving.

**112 CREAM OF ONION SOUP**

2 cups onions	1 quart milk
2 tbsp. butter	1½ tbsp. flour
Salt and celery salt to taste	

Peel the onions; soak in cold water for one hour; drain and put on fresh water; parboil and cook until tender. Put through a colander and add to the hot milk; melt the butter and stir in the flour and a cup of hot water; cook a few minutes and add to the soup.

Season to taste just before serving.

**113 CREAM OF LETTUCE SOUP**

1 cup lettuce	2 cups milk
1 cup cream	2 tbsp. butter
1½ tbsp. flour	Salt to taste

Heat milk and cream; melt the butter and stir in the flour and a cup of hot water. Cook a few minutes and add to the soup.

Chop the lettuce quite fine and put into the soup. Salt to taste and serve at once.

**114 VEGETABLE BROTH, NO. 2**

⅔ cup tomato juice	½ cup Scotch peas
1 cup navy beans	1 tsp. caramel
1 tsp. butter or cooking oil	1 tsp. flour

Cook the vegetables until tender, and strain, but do not put through the colander; then heat the tomato juice, and add. Melt the butter and stir in the flour; then add some of the broth and cook a few minutes. Add the caramel and put all together.

Season with salt and thyme, and serve with croutons or crackers.

**115 SCOTCH BROTH**

3 cups nut stock. (No. 56)	1 turnip
3 cups water	1 small onion
$\frac{1}{3}$ cup Scotch peas	$1\frac{1}{2}$ tbsp. Scotch barley
2 carrots	Salt to taste

Cook the peas in the water until nearly done, then add carrots, turnip, and onion, all cut up in small pieces; cook until tender. Add barley, which has been cooked separately; and, last, add the stock.

Salt to taste and serve hot.

**116 POTATO RICE SOUP**

$\frac{1}{2}$ cup rice	2 potatoes
$\frac{1}{2}$ cup strained tomatoes	$\frac{1}{2}$ onion
$\frac{1}{2}$ tbsp. cooking oil or butter	

Cook vegetables until done, put through a colander or cut fine, and leave in the soup; then add the rice, which has been cooked separately, and add more water to make it the right consistency.

Heat to boiling and salt to taste.

**117 VEGETABLE OYSTER SOUP**

1 pint vegetable oysters	2 tbsp. butter or oil
1 quart milk	$1\frac{1}{2}$ tbsp. flour

Cook the vegetable oysters in boiling water until tender, after washing and scraping them; when done, drain and put through a colander; then add to the hot milk.

Melt the butter and stir in the flour and a cup of hot water; let boil a few minutes, then add to the soup. Season with salt and celery salt to taste just before serving.

Dice some of the vegetable oysters into small pieces, cook separately, and add to the soup just before serving.

**118 MOCK OYSTER SOUP**

1 quart water	2 tsp. olive oil
$\frac{1}{2}$ cup strained tomatoes	1 tsp. flour
$\frac{1}{2}$ cup milk	

Mix water and tomato and allow it to come to a boil, then add the hot milk. Heat the oil, stir in the flour, and add a cup of the soup. Let boil a few minutes, then put together, and salt to taste just before serving.

Serve with croutons or crackers.

**119 CREAM OF SPINACH SOUP**

1 pint spinach	$1\frac{1}{2}$ tbsp. butter or oil
1 quart milk	1 tbsp. flour

Cook the spinach, put through a colander, and add to the hot milk. Thicken by melting the butter, stir in the flour and a half cup of hot water, and cook a few minutes; add to the soup, heat to boiling, and salt to taste just before serving.

Chop a little or all of the spinach and add to the soup just before serving.

**120 CONSONME WITH PEAS**

2 cups protose	1 cup green peas
1 cup nuttolene	2 quarts water
1 cup Lima beans	$\frac{3}{4}$ cup strained tomatoes

Cook five hours in a double boiler, then strain until quite clear. Season with salt, bay leaves, and parsley, and add one-half cup fresh peas (whole) just before serving. Salt to taste and serve hot.

**121 CONSOMME**

2 cups protose	1 cup peas
$\frac{3}{4}$ cup nuttolene	1 cup Lima beans
$2\frac{1}{2}$ quarts water	Pinch of thyme

Cook five hours; remove from the stove; let settle, strain until clear, heat to boiling, and season to taste. Serve with croutons (No. 48).

#### <sup>122</sup> BOUILLON EN TASSE

2 cups protose	$\frac{2}{3}$ cup green peas
$\frac{3}{4}$ cup nuttolene	$\frac{1}{3}$ cup Lima beans
$\frac{1}{3}$ cup kidney beans	2 quarts water
1½ cups tomato juice	1 small onion
$\frac{1}{2}$ cup carrots	$\frac{1}{4}$ cup celery
A sprig of parsley	Pinch of thyme

Cook slowly for six hours; do not add peas, beans, and tomato juice until nearly done; then cook one hour longer.

Strain through a cheesecloth until clear. Heat to boiling, salt to taste, and serve in cups. A spoonful of whipped cream may be dropped in each cup if preferred.

If a rich brown color and a meat flavor are desired, add one tablespoonful of caramel.

#### <sup>123</sup> VEGETABLE BROTH, NO. 1

1 cup Lima beans	1 cup strained tomatoes
1 cup peas	1 onion

Cook the vegetables for two hours; add strained tomato juice, thyme, and salt to taste. Serve with croutons.

#### <sup>124</sup> CELERY AND RICE SOUP

1 pint chopped celery	1 quart milk
$\frac{1}{2}$ cup rice	2 tbsp. butter
1 tbsp. flour	Salt to taste

Cook the celery in a pint of cold water for thirty minutes, then add to the hot milk. Put in a double boiler, add the rice, and cook for one hour, or until rice is tender; then melt the butter and stir in the flour. Salt to taste and serve.

The celery may be strained and only the water added to the soup if preferred.

**125 CREAM OF PEA SOUP**

1 cup peas	1½ tbsp. flour
2 tbsp. butter	1 pint milk

Put the peas through a fine colander, and heat; then add to the hot milk. Melt the butter and stir in the flour; add a cup of hot water and stir until smooth; cook a few minutes, then add to the soup.

Salt to taste just before serving.

**126 PEA AND CELERY SOUP**

½ cup peas	1 cup chopped celery
1 pint milk	2 tbsp. butter
1½ tbsp. flour	Salt to taste

Cook the celery in a cup of cold water for thirty minutes, then strain and add the water to the milk. Melt the butter and stir in the flour; add a cup of hot water and stir until smooth; cook a few minutes and add to the soup.

Salt to taste and serve hot.

**127 TOMATO BROTH**

1 quart tomato juice	1 cup water
1 tbsp. butter	½ tbps. flour
1 bay leaf	Pinch of thyme

Heat the water and tomato juice; then melt the butter and stir in the flour and a cup of the juice; stir until smooth, then put all together and season to taste. Heat to boiling and serve.

## Entrees

### <sup>128</sup> SUBSTITUTES FOR FLESH MEATS

The dietetic value of meat and other animal foods consists principally in the nitrogenous and fatty food elements with which they supply the system.

These food elements are essential to life and health, and if the use of animal foods is discarded, there must be a substitute of the same elements, or else the diet will become impoverished.

The chief source of supply, aside from animal foods, is nuts and legumes, which contain a much higher proportion of nitrogenous material than any other foods, and therefore form a good substitute for flesh foods.

### <sup>129</sup> PROTOSE PATTIES

1 egg	1 cup chopped protose
$\frac{1}{4}$ cup cream	$\frac{1}{4}$ cup bread crumbs

Mix well together, season with salt and sage, form into patties, and brown in the oven.

### <sup>130</sup> PROTOSE AND CELERY PATTIES

$\frac{1}{3}$ cup cream	$\frac{1}{4}$ cup chopped celery
1 cup minced protose	$\frac{1}{4}$ cup bread crumbs

Mix well together; salt to taste. Form into patties and roll in beaten egg, then in bread crumbs, and brown in the oven.

### <sup>131</sup> PROTOSE AND RICE PATTIES

1 cup minced protose	1 egg
1 cup cooked rice	1 tbsp: gluten meal
$\frac{1}{3}$ cup cream	Salt and sage to taste

Mix well, season; form into patties, moisten the top with cream or butter, and bake in oven until brown.

Serve with tomato sauce (No. 712).

#### **182 PROTOSE AND POTATO PATTIES**

1 cup minced protose	$\frac{1}{2}$ cup cream
1 cup finely chopped potatoes	1 egg
1 tbsp. grated onion	Salt to taste

Mix well, season, and form into patties; put in oiled tins and bake in oven until nicely browned. Serve with nut tomato gravy (No. 689).

#### **183 MINCED PROTOSE**

Mince protose real fine, put in a pan, cover with a rich cream sauce (No. 713), and put in the oven ten minutes. Serve on a small platter and garnish with parsley.

#### **184 POTATO AND NUT LOAF**

1 cup mashed potatoes	1 egg
1 cup ground nut meats	1 tbsp. butter

1 cup toasted bread crumbs; milk to moisten

Mix all together, salt to taste, and then form into a nice loaf. Spread the top with butter and cream, and bake in a hot oven until brown. Serve with brown sauce.

#### **185 LENTIL AND WALNUT CAKES**

1 cup lentils	2 tbsp. butter
1 egg	$\frac{1}{4}$ tsp. sage
Salt to taste	$\frac{1}{2}$ cup chopped walnuts

Wash the lentils in several waters and soak over night; then drain, and cook until soft and dry; put through a colander and mix all together. Make into round cakes, put in a buttered tin, and bake in a hot oven fifteen minutes.

Sprinkle a few chopped nuts on top, and serve with tomato sauce.

#### **186 NUT SAUSAGE**

$\frac{1}{2}$ cup hot water	2 cups toasted bread
$\frac{1}{2}$ cup butter	crumbs
1 egg	$\frac{1}{2}$ tsp. grated onion
1 cup chopped nut meats	Sage and salt to taste

Mix all together and form into round cakes. Put in a buttered pan and brown on top of stove, or bake in a hot oven fifteen minutes. Sprinkle chopped nuts on top, and serve with brown sauce.

#### **187 GERMAN NOODLES**

1 egg	2 tbsp. butter
Pinch of salt	$\frac{1}{2}$ tbsp. toasted bread
Flour enough to make a very stiff dough	crumbs

Beat the egg until light; add salt, work in the flour, and make a smooth, stiff dough. Roll out as thin as a sheet of brown paper; let dry a few minutes, until it does not stick together.

Fold one-half over the other half, and roll up like a jelly roll; then cut into very thin slices, separate them well, spread out to dry; then drop into boiling water.

Cook twenty minutes, drain, and put on the stove. Melt the butter, stir in the bread crumbs, and add to the noodles.

Salt to taste and serve hot.

#### **188 BUTTERED NOODLES**

1 egg	3 tbsp. butter
Pinch of salt	Flour to make a very stiff dough

Make the same as German noodles (No. 137), but omit the bread crumbs.

**<sup>139</sup> FRENCH NOODLES**

1 egg	3 tbsp. butter
Pinch of salt	Flour to make a very
$\frac{1}{2}$ cup toasted bread crumbs	stiff dough

Make same as German noodles (No. 137), but heat the butter and stir in the bread crumbs. Serve a spoonful with each order.

**<sup>140</sup> NUT CROQUETTES IN SURPRISE**

1 cup bread crumbs	1 cup finely chopped nuts
1 egg	2 cups mashed potatoes
$\frac{1}{4}$ tsp. sage	Salt to taste

Mix nuts, bread crumbs, and egg together, and season to taste; then form into small balls and encase them in the mashed potatoes. Roll in egg and crumbs, and brown in a hot oven.

Serve with brown cream sauce (No. 706).

**<sup>141</sup> NUT BUTTER SAUSAGE**

3 tbsp. nut butter	2 cups cooked rice
2 cups hot water	1 small onion, grated
3 c. toasted bread crumbs	2 tbsp. cooking oil
1 egg	Sage and salt to taste

Emulsify the nut butter in a little cold water; then stir in the hot water, and cook a few minutes. Then mix all together and form into round cakes. Put in a buttered pan and brown on top of the stove, or bake in a hot oven fifteen minutes.

Serve with brown onion sauce.

**<sup>142</sup> NUT AND POTATO PATTIES**

1 egg	2 cups mashed potatoes
1 tsp. grated onion	$\frac{1}{2}$ cup ground nuts
2 tbsp. butter	1 tbsp. flour
	Sage and salt to taste

Mix all together, form into patties, put in an oiled tin, and bake in a hot oven twenty minutes. Serve with nut gravy.

<sup>143</sup> NUTOSA, NO. 1

1 cup cornstarch	1 cup nut butter
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup hot water
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. sage

Emulsify the nut butter in the cold water, and stir in the cornstarch; then mix all together, put in a double boiler or in a can, seal or solder tightly, and steam or cook in boiling water for six hours.

When cold, it can be cut in slices and served cold or broiled as desired.

<sup>144</sup> NUTOSA, NO. 2

1 cup raw nut butter	2 tbsp. cornstarch
1 tsp. salt	3 tbsp. cold water

Dissolve the cornstarch in the water, then mix all together; put in a can, seal or solder tightly, and steam or cook in boiling water for six hours.

<sup>145</sup> NUT AND VEGETABLE STEW

1 cup protose	$\frac{1}{2}$ cup nuttolene
$\frac{1}{4}$ cup carrots	1 tbsp. celery salt
1 cup potatoes	1 onion
1 tbsp. butter	1 bay leaf

Cut the vegetables in half-inch dice; cook until tender; cut up the nuttolene and protose and add. Make a sauce by melting the butter and stirring in the flour until smooth; add the liquid of the stew and boil a few minutes.

A little tomato juice may be added.

<sup>146</sup> VEGETARIAN HAMBURGER STEAK

1 cup protose	$\frac{1}{2}$ cup nuttolene
1 grated onion	Cream to moisten

Mince protose and nuttolene fine, mix well, salt to taste, form into patties, and bake in a hot oven ten minutes. Serve with tomato sauce (No. 695).

#### <sup>147</sup> PROTOSE IN AMBUSH

$\frac{2}{3}$ cup milk	$\frac{1}{3}$ cup cream
1 egg	1 cup whole wheat flour
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup white flour

Mix same as for whole wheat puffs, and fill in gem irons about half full; then put a small piece of protose,—about three-fourths of an inch cube,—in the center; fill full and bake in a moderate oven thirty minutes.

Serve with a light sauce (No. 715).

#### <sup>148</sup> CEREAL ROAST

$\frac{1}{3}$ cup nut butter	1 cup nut meal or brown flour
$\frac{1}{4}$ cup granola	
1 cup water	Sage and salt to taste

Emulsify the nut butter in the water; put on the stove and cook a few minutes; add the other ingredients, mix well; spread out in an oiled pan, moisten the top with cream, and bake in the oven thirty minutes.

Serve with brown tomato gravy (No. 684).

#### <sup>149</sup> PRINCESS CUTLETS

1 cup minced protose	1 egg
1 pint mashed potatoes	$\frac{1}{4}$ tsp. celery salt
Salt to taste	Cream to moisten

Mix thoroughly, form into oblong patties, spread with cream sauce (No. 713) or with butter, and brown in a hot oven.

#### <sup>150</sup> PROTOSE CUTLETS

Sprinkle the bottom of a baking pan with ground flakes; lay slices of protose on the flakes, then sprinkle a

thin layer of flakes over it, and cover with the following sauce: 1 cup milk; 1 egg. Beat egg, add milk, and salt to taste; pour over the protose, and bake until custard is set. Cut into any shape desired and serve.

#### <sup>151</sup> NUTTOLENE CUTLETS

Make the same as protose cutlets (No. 150) using nuttolene instead of protose.

#### <sup>152</sup> PROTOSE CUTLETS WITH JELLY

Cut protose in slices and roll in milk and eggs beaten together, then in fine bread crumbs; put in an oiled tin and moisten the top with cream; brown in the oven.

Serve with jelly and garnish with parsley.

#### <sup>153</sup> NUTTOLENE CUTLETS WITH JELLY

Make the same as protose cutlets (No. 152), using nuttolene instead of protose.

#### <sup>154</sup> NUT LOAF WITH GREEN PEAS AND BROWN SAUCE

$\frac{1}{3}$ cup protose	1 cup nuttolene
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ grated onion
1 egg	$\frac{1}{4}$ cup milk

Mix well together, season with salt and sage, form into a loaf, moisten the top with cream, and bake in a slow oven forty-five minutes. Prepare green peas with brown cream sauce (No. 706), pour over each slice, and garnish with parsley.

#### <sup>155</sup> NUT IRISH STEW

1 pt. diced potatoes	$\frac{3}{4}$ cup water
1 cup tomato juice	$\frac{1}{2}$ pt. diced protose
$\frac{1}{2}$ grated onion	$\frac{1}{2}$ tsp. nut butter
$\frac{1}{2}$ tsp. brown flour	Salt to taste

Steam the potatoes until tender, then add the other ingredients, and stew one-half hour. Salt to taste and serve hot.

#### <sup>156</sup> BRAIZED PROTOSE

Cut the protose into half-inch slices and lay in a pan as for broiling, letting one piece overlap the other. Put in the bottom of the pan a thin layer of grated onion and a little sage or celery salt. Pour over it the following sauce, and cook in oven three-fourths of an hour:—

1 carrot	1· onion
2 cups protose	$\frac{1}{2}$ head cabbage
$\frac{1}{3}$ cup peas	Salt to taste

Cover with cold water and cook three hours; thicken with brown flour and use.

#### <sup>157</sup> LENTIL AND RICE CROQUETTES

1½ cup lentils	2 cups cooked rice
1 cup cream	2 eggs

Soak the lentils over night; in the morning drain off the water and cook until tender; then put through a colander; mix all together thoroughly; season with salt and sage; form into croquettes, roll in beaten egg, then in bread crumbs.

Sprinkle cream on top, put in oven, and bake a delicate brown. Serve with tomato sauce (No. 695).

#### <sup>158</sup> ROAST IMPERIAL

1 cup peas pulp	1 cup lentil pulp
1 tbsp. chopped walnuts	

Mix well together; salt to taste; put in a pan and form into a loaf; cover with dressing (No. 193), and bake in a moderate oven twenty minutes. Serve with cranberry or chili sauce (No. 712).

**159 WALNUT PATTIES**

$\frac{3}{4}$ cup minced protose	$\frac{1}{2}$ cup chopped walnuts
1 egg	$\frac{1}{4}$ cup chopped parsley
$\frac{1}{2}$ cup bread crumbs	Salt to taste

Mix all together, form into patties, moisten the top with cream, and bake twenty minutes. Serve with nut tomato gravy (No. 689), and garnish with parsley.

**160 MARBLE BEAN AND PEA ROAST**

Soak the beans over night; drain off the water; put on in boiling water; when tender and the water is nearly all boiled away, put through a colander.

Season with butter and salt to taste, and add bread crumbs to make quite stiff. Then put in an oiled pan a spoonful of the bean mixture and one of peas prepared in like manner, until the pan is full.

Bake half an hour and serve with brown gravy (No. 693).

**161 NUT AND RICE CROQUETTES**

$\frac{1}{2}$ pt. minced protose	1 quart cooked rice
$\frac{1}{2}$ pt. minced nuttolene	1 cup cream
1 cup bread crumbs	1 egg

Mix well, season with salt and sage, and shape into croquettes. Roll in bread crumbs, moisten the top with cream, and bake in a quick oven until a delicate brown.

Serve with egg sauce (No. 685) or jelly, and garnish with parsley.

**162 CASSEROLE OF RICE AND PROTOSE**

1 pt. minced protose	$1\frac{1}{2}$ pt. cooked rice
$\frac{1}{3}$ cup cream sauce	Salt to taste

Spread out in a pan a layer of rice, then a layer of protose and one of rice. Cream sauce (No. 713) on top of each layer, then brown off in the oven.

**<sup>163</sup> ROYAL ROAST**

1 pt. fresh bread crumbs	1 grated onion
1 pt. minced protose	1 pt. cream
2 small eggs	$\frac{1}{2}$ tsp. celery salt

Mix well together, salt to taste, and spread out in a baking pan; moisten the top with butter, and bake twenty minutes in oven.

Serve with sauce imperial (No. 708), and garnish with parsley.

**<sup>164</sup> MOCK TURKEY ROAST**

1 qt. nuttolene	2 small eggs
$\frac{3}{4}$ qt. bread crumbs	Cream to moisten

Mince nuttolene fine, mix all together, add salt and sage to taste, and form into turkey legs. Use a short piece of macaroni for the bone or drumstick. Spread the top with cream and brown in a hot oven for ten minutes.

Serve with tomato sauce (No. 695).

**<sup>165</sup> PROTOSE FISH**

Cut protose into small circles, one-fourth inch thick; roll in flakes; moisten the top with cream and bake in oven until brown. Serve hot with gravy or jelly and garnish with parsley.

**<sup>166</sup> NUT TURKEY ROAST**

1 tbsp. granola	1 tbsp. gluten or brown
1 cup cooked lentils	flour
1 cup chopped nuts	Cream to moisten
Sage and salt to taste	

Put lentils through a colander; mix all together; season; then place in a baking pan, spread top with cream, and bake thirty minutes.

Serve with nut tomato gravy (No. 689) and garnish with parsley.

**<sup>167</sup> SAVORY NUT MEAT**

1 cup nut butter	$\frac{1}{2}$ cup water
1 cup strained tomatoes	1 bay leaf
$\frac{1}{2}$ cup cornstarch	Salt to taste

Cook bay leaf and tomato together ten minutes, then remove the bay leaf; mix all together and cook in a double boiler, or steam three hours. May be cut in thin slices and served with jelly.

**<sup>168</sup> PROTOSE STEAK IN GRAVY**

Slice protose, put in a baking pan, and cover with nut tomato gravy (No. 689). Bake in a moderate oven thirty minutes.

**<sup>169</sup> ROAST PROTOSE**

Cut a can of protose in halves lengthwise; lay in a pan and spread with nut butter, dairy butter, or cocoanut butter and a little grated onion on top, and cover with the following dressing:—

1 cup water	1 cup tomato juice
1 tbsp. lemon juice	Salt and celery salt to taste
Cook in a moderate oven one hour.	

**<sup>170</sup> PROTOSE FRICASSEE**

Cut one pint of protose into half-inch cubes; add enough water to nearly cover; stew slowly for one and a half hours, or until nearly dry; then add the following dressing:—

$\frac{1}{2}$ tbsp. nut butter	$\frac{1}{4}$ tbsp. brown flour
$\frac{1}{2}$ tbsp. white flour	$\frac{1}{2}$ grated onion
1 cup strained tomatoes	

Emulsify the nut butter in half a cup of water; add the tomato, heat to boiling, and thicken with the flour, rubbed smooth in a little cold water. Season to taste and add to the protose.

Serve with mashed potato or steamed rice, and garnish with parsley.

#### <sup>171</sup> NUTTOLENE FRICASSEE

Make the same as protose fricassee (No. 170), using nuttolene instead of protose.

#### <sup>172</sup> PROTOSE AND RICE CROQUETTES

1 cup protose	$\frac{1}{4}$ cup milk
1 cup cooked rice	1 egg
$\frac{1}{4}$ cup gluten meal or bread crumbs	

Mince the protose, add to the other ingredients, and mix well; season to taste, form into croquettes, then roll in beaten egg and fine bread crumbs. Put in an oiled tin and bake in the oven thirty minutes. Serve with egg sauce (No. 685) or jelly, and garnish with parsley.

#### <sup>173</sup> NUT CORN ROAST

1 cup protose	1 cup nuttolene
$\frac{1}{2}$ cup chopped celery	

Slice protose and nuttolene one-fourth inch thick; put a layer of protose and one of nuttolene in a baking pan, the finely chopped celery between. Pour over this the following dressing and bake in a moderate oven until custard is set:—

2 cups milk	1 cup corn pulp
2 eggs	Salt to taste

#### <sup>174</sup> NUTTOLENE FRICASSEE WITH RICE

2 cups nuttolene	$\frac{1}{2}$ cup rice
3 cups tomato juice	Salt to taste

Cut nuttolene into small cubes, put in a dish, and cover with the rice and tomato juice. Cook or steam until rice is tender.

**175 NUTTOLENE ROAST**

$\frac{1}{4}$ cups nuttolene	$\frac{1}{4}$ cup cream
$\frac{1}{3}$ cup toasted bread	1 egg
crumbs	

Mince the nuttolene fine, then mix all together. Season with salt and sage; put in an oiled pan, moisten the top with cream or butter, and bake in a moderate oven thirty minutes. Cut in slices and serve with tomato gravy (No. 687), and garnish with parsley.

**176 PROTOSE WITH DRESSING**

Cut a can of protose lengthwise in two; put in a pan, fill one-fourth full with hot water, and bake one hour. Slice, and serve with the following dressing:—

1 pt. fresh bread crumbs	1 egg
$\frac{1}{3}$ cup toasted bread	1 tbsp. butter
crumbs	

Mix lightly; season with salt and sage; put out in an oiled pan, moisten the top with cream, and bake thirty minutes in a moderate oven. Serve with brown gravy (No. 693).

**177 PROTOSE ROAST**

Make the same as nuttolene roast (No. 175), using protose instead of nuttolene. Season with onion.

**178 NUT AND RICE ROAST**

2 cups minced protose	1 cup cooked rice
1 cup minced nuttolene	Salt and sage to taste

Mix well; spread out in a pan, moisten the top with cream or butter, and bake until a delicate brown.

Serve with sauce imperial (No. 708).

**179 NUT ROAST**

1 cup minced protose	1 cup minced nuttolene
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1 cup bread crumbs      Cream to moisten

Sage and salt to taste

Make the same as nut and rice roast (No. 178).

#### <sup>180</sup> POTATO AND NUT PIE

Pare the potatoes, steam or cook until tender, then mash and spread a thin layer in the bottom and on the sides of a baking pan then add a layer of the nuttolene and protose; seasoned with salt, sage and celery salt.

Spread potatoes on top, moisten the top with cream and bake thirty minutes.

#### <sup>181</sup> NUT AND VEGETABLE ROAST

1 cup protose, sliced thin      1 grated onion

1 cup potatoes      1 tsp. chopped parsley

Put a layer of protose in the bottom of a baking pan, then the potatoes (which have been cooked and salted), onion, and parsley; put a layer of protose on the top, and pour the following dressing over it and bake in a moderate oven forty-five minutes:—

1 cup water      1 cup strained tomatoes

$\frac{2}{3}$  tsp. salt       $1\frac{1}{4}$  tbsp. brown flour

2 tbsp. nut butter

Emulsify the nut butter in the water by adding a little at a time, heat to boiling and add the hot tomato juice, thicken with the flour and salt to taste.

#### <sup>182</sup> ROAST NUTTOLENE

Make same as roast protose (No. 189), using nuttolene instead of protose.

#### <sup>188</sup> PROTOSE SOUFFLE

1 pint milk      1 pint protose

2 tbsp. cornstarch      2 eggs

Heat the milk to boiling and thicken with the cornstarch, rubbed smooth in a little cold water. Stir in the

yolk of eggs, mince the protose fine and add; then beat up the whites and stir into the mixture.

Season with celery salt and salt to taste; put in buttered cup and bake twenty minutes in a moderate oven and serve hot.

#### <sup>184</sup> TOMATO TIMBALES

1 cup tomato pulp	1 egg
$\frac{1}{2}$ tbsp. cream	Salt to taste
Mix well together, put in gem irons, set in a pan of hot water and bake twenty minutes in a moderate oven. Serve cold or hot with cream sauce (No. 713), and garnish with parsley or water-cress.	

#### <sup>185</sup> NUTONA

1 tbsp. nut butter	1 quart gluten
1 tbsp. water	1 tbsp. flour
Salt and sage to taste	

Emulsify the nut butter in the water and stir in the flour.

Prepare the gluten as follows: Make a stiff dough of one pint cold water and two quarts of good flour; knead thoroughly, put into cold water, and let stand one hour.

Then work it carefully with the hands in the cold water and the starch will wash out. Change the water until it remains clear, then add to the other ingredients and season to taste.

Put it through a food chopper several times until smooth and no lumps remain, then steam in a double boiler or sealed cans five hours.

#### <sup>186</sup> NUT AND RICE PATTIES

1 cup minced protose	1 cup cooked rice
1 cup minced nuttolene	2 eggs
Cream to moisten	Salt to taste

Mix all together, form into patties, put in an oiled pan; moisten the top with cream or butter and bake a nice brown.

Serve with brown tomato gravy (No. 684), and garnish with parsley or water-cress.

#### <sup>187</sup> NUT ROAST WITH POTATO

Cut protose into slices, place in a pan, add salt and sage, cover with water, and bake one hour.

Place cooked and pared potatoes on each slice; baste with cream and bake in a hot oven until brown.

#### <sup>188</sup> PROTOSE ROAST

1 pint protose	1 cup cream
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1 cup granola or bread	2 eggs
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crumbs	Salt and sage to taste
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Mix well, put in a buttered pan, moisten the top with cream, and bake until brown.

Serve with sauce imperial (No. 708), and garnish with parsley or water-cress.

#### <sup>189</sup> NUT AND CORN ROAST

$\frac{2}{3}$ cup nuttolene	$1\frac{1}{3}$ cups toasted bread
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1 cup protose	crumbs
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$1\frac{3}{4}$ cup corn	$\frac{3}{4}$ cup cream
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Salt and celery salt to taste	2 eggs
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Mince the protose and nuttolene, add to the corn, which has been put through a colander, then mix in the bread crumbs, cream, and eggs, and salt to taste.

Put out in an oiled tin; moisten the top with cream and bake in oven until brown. Serve with brown gravy (No. 693).

#### <sup>190</sup> PROTOSE AND GLUTEN PATTIES

1 cup minced protose	1 tbsp. thick cream
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2 tbsp. gluten meal	1 egg, well beaten
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$\frac{1}{8}$ tsp. celery salt	Salt and sage to taste
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Mix well; shape into small patties, put in an oiled tin, moisten the top with cream, and bake until light brown.

#### <sup>191</sup> NUT SQUAB PIE

Place in the bottom of a baking pan a layer of thin sliced protose; over this put a very little thin sliced onion and a layer of apples prepared as for pie.

Sprinkle with a very little salt and sugar, then put in another layer of protose, then a layer of apples. Add a little hot water; cover the top with a rich pie crust and bake in a moderate oven for one hour.

#### <sup>192</sup> SAVORY NUT ROAST

1 cup protose or nuttolene	1 tbsp. grated onion
1 qt. fresh bread crumbs	1 egg
Cold water to moisten	Salt to taste
Pinch of thyme and sage	

Mince the protose, add the egg, bread crumbs, onion, and water; then season to taste. Put out in a baking pan, and bake in a medium hot oven for thirty minutes.

Serve with tomato gravy (No. 687), and garnish with parsley.

#### <sup>193</sup> SAVORY DRESSING

1 qt. stale bread crumbs	2 tsp. grated onion
$\frac{2}{3}$ c. toasted bread crumbs	2 eggs
Cold water to moisten	3 tbsp. butter
Salt, sage, and thyme to taste	

Mix lightly with a fork, and do not make it too wet, so as to make it heavy and soggy. Soak bread in cold water if hard. Press out dry; put out in an oiled tin, and bake in a moderately hot oven twenty minutes.

Serve with tomato sauce (No. 695).

#### <sup>194</sup> NUT HASH

$1\frac{1}{4}$ pt. protose	1 pt. potatoes
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$\frac{3}{4}$  pt. nuttolene                            1 grated onion  
 Hash the protose, nuttolene, and potatoes; add onion and salt to taste. Put in an oiled tin, with bits of butter over the top, and bake until brown.

#### <sup>195</sup> ESCALLOPED PROTOSE

1 pt. protose	1 pt. potatoes
1½ cups bread crumbs	Salt to taste
Brown onion sauce to moisten (No. 696)	

Put in a baking dish a layer of potatoes, sliced thin; sprinkle with bread crumbs; on the crumbs put a layer of protose, sliced thin, and moisten with the sauce.

Make two layers if desired; cover with sufficient sauce to cook the potatoes and protose. The potatoes may be cooked first, if preferred.

#### <sup>196</sup> NUT FILLETS

Slice protose and nuttolene each one-third inch thick; place a layer of nuttolene in the bottom of a pan, then a thin sliced or grated onion on each slice of nuttolene, and a layer of protose on top; pour over this strained tomato enough to cover well. Add a few bay leaves or thyme to flavor, and salt to taste.

#### <sup>197</sup> PROTOSE HASH

1 quart protose	1 grated onion
1 pint potatoes	Sage and salt to taste

Hash the protose and the potatoes, add onions, and season to taste. Put in an oiled tin; put bits of butter over the top, or cover with thick cream, and bake until brown.

#### <sup>198</sup> SIMMERED PROTOSE WITH RICE

Cut protose in half-inch cubes, add water enough to cover; cook slowly in the oven for three hours, adding more water if needed, but should be cooked away at last so that

protose is slightly juicy. Flavor with chopped celery and onion.

Salt to taste and serve with a spoonful of boiled rice to each order.

#### **199 MACARONI ROAST**

1 qt. cooked macaroni	$\frac{3}{4}$ pt. cream
1 qt. stale bread crumbs	2 eggs
1 pt. milk	1 tbsp. grated onion

Salt and sage to taste

Beat the eggs, add milk and bread crumbs. Soak bread in cold water if hard. Press out dry. Then mix in the macaroni, onion, and season to taste. Add more milk if needed; put in the oven and bake about thirty minutes.

#### **200 VERMICELLI ROAST**

1 pt. cooked vermicelli	$1\frac{1}{3}$ pt. milk
1 pt. stale bread crumbs	2 eggs
Salt and sage to taste	1 tsp. grated onion

Make the same as macaroni roast (No. 199), using vermicelli instead of macaroni.

#### **201 NUT FISH BALLS**

1 cup minced protose	$\frac{1}{2}$ tsp. grated onion
1 cup mashed potatoes	1 egg
1 tsp. shredded cocoanut	$\frac{1}{2}$ tsp. salt

Mix well together, form into patties, and broil or bake in the oven a nice brown.

#### **202 LENTIL ROAST**

$1\frac{1}{4}$ cups lentils	$\frac{1}{4}$ onion
1 cup bread crumbs	$\frac{1}{8}$ tsp. thyme or sage
Salt to taste	

Cook lentils until tender and nearly dry; about twenty minutes before the lentils are done, cut the onion in quar-

ters and put in bottom of the dish and cook until done; then remove onion, put lentils through a colander, add bread crumbs, thyme, and salt. If it is too dry, add a little water or cream. It should be stiff enough to cut in slices when baked. Spread out in a buttered pan, moisten the top with rich cream, and bake thirty minutes in a moderate oven.

Serve with sauce imperial (No. 708), and garnish with parsley.

#### <sup>203</sup> WALNUT LOAF

1 cup chopped walnuts	2 cups bread crumbs
$\frac{1}{4}$ cup chopped nuttolene	2 eggs
2 cups boiling water	Salt to taste
1 cup minced protose	1 tbsp. butter

Mix walnut meats and bread crumbs together, pour over this the boiling water, mix well, add the raw eggs, butter and salt, protose and nuttolene. Mix thoroughly, put in a buttered pan, form into a loaf, moisten the top with cream, and bake thirty minutes.

Serve with tomato gravy (No. 687).

#### <sup>204</sup> VEGETABLE NUT ROAST

1½ tbsp. nut butter	1 pt. cooked rice
1 pt. toasted bread crumbs	1½ pt. water
Salt and sage to taste	1 tbsp. chopped celery

Emulsify the nut butter in part of the water, adding a little at a time to make it smooth; put in the rest of the water and cook until it thickens; then mix in the bread crumbs, rice, and celery, and more water if needed; then season to taste.

It should be thick enough to slice when baked. Put in a pan, moisten the top with cream, and bake for thirty minutes.

Serve with tomato sauce (No. 695), and garnish with parsley. May be formed into patties or croquettes, if preferred.

#### <sup>205</sup> MACARONI WITH CORNLET

$\frac{1}{2}$ cup macaroni	$\frac{1}{2}$ cup corn pulp
1 pt. boiling water	$\frac{1}{2}$ cup cream
	1 tsp. salt

Cook same as in recipe No. 209; after being strained, put out in a pan; mix the corn pulp and cream together, salt to taste, and bake in a moderate oven for thirty minutes.

#### <sup>206</sup> MACARONI WITH PROTOSE

$\frac{1}{2}$ cup macaroni	$\frac{1}{2}$ tsp. salt
1 pt. boiling water	1 tbps. flour
$\frac{1}{3}$ cup granola	3 cups rich milk
	$\frac{3}{4}$ cup protose, cut in $\frac{1}{2}$ -inch cubes

Cook same as in recipe No. 209; after it is drained, mix with it the protose and granola, salt to taste, place in a baking dish, and pour over it the milk, thickened with the flour and salt to taste.

Bake in a moderate oven for half and hour and serve.

#### <sup>207</sup> MACARONI WITH FRUIT SAUCE

$\frac{1}{2}$ cup macaroni	$1\frac{1}{2}$ cups fruit juice
1 pt. boiling water	1 tsp. cornstarch
$\frac{1}{2}$ tsp. salt	1 tsp. sugar

Cook same as in recipe No. 209; drain and put in a dish, add the fruit juice, which has been thickened with the cornstarch, and sweetened if sour, and serve.

#### <sup>208</sup> MACARONI WITH CREAM SAUCE

Make same as macaroni with egg sauce (No. 209), omitting the eggs.

**<sup>209</sup> MACARONI WITH EGG SAUCE**

1 cup macaroni	1 pint rich milk
1 qt. boiling water	2 eggs
1 tsp. salt	1 tbsp. flour

Break macaroni into inch pieces, drop into the boiling salted water, and cook forty minutes, being careful not to let it stick to the bottom. A double boiler is best, but it must cook longer.

When done, drain in a colander and pour cold water over it for a minute; then put out in a pan and pour over it the egg sauce, made by heating the milk to boiling and thickening with the flour. Pour over the well beaten eggs, and salt to taste.

Pour this over the macaroni and bake in oven for about thirty minutes.

**<sup>210</sup> MACARONI WITH TOMATO**

$\frac{1}{2}$ cup macaroni	1 cup strained tomato
1 pt. boiling water	1 tsp. salt

Cook same as in recipe No. 209; after being drained, pour over it the strained tomato; add a little butter if desired, and serve hot.

**<sup>211</sup> NUTTOSE STEW**

1 cup nuttose	1 qt. boiling water
1 chopped onion	1 cup strained tomatoes
2 thin sliced carrots	1 cup green peas

Put onions and carrots in a buttered pan; cook until of a deep brown color; add the boiling water, the strained tomatoes, and green peas. Dice the nuttose into inch squares, then put all together and stew slowly for two hours, the longer and more slowly it is cooked, the richer is the flavor.

Salt to taste and serve hot.

**<sup>212</sup> MOCK CHICKEN STEW**

2 diced potatoes	$\frac{1}{2}$ cup diced protose
$\frac{1}{2}$ cup strained tomatoes	1 chopped onion

Mix these into water and allow to cook until potatoes and onion are nearly done; add protose and salt to taste.  
Add dumplings made as follows:—

1 cup cream	2 cups granose flakes
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Mix together, stiffen with flour, and roll out thin; cut into slices and put on top of the stew; then bake for fifteen minutes.

**<sup>213</sup> COMBINATION ROAST**

1 cup lentil pulp	1 qt. mashed potatoes
1 cup bean pulp	$\frac{1}{4}$ grated onion
1 qt. cooked rice	1 tsp. cooking oil
1 egg	Salt and sage to taste

Milk to moisten

Mix well, put in a pan, and bake in oven until nicely browned. Serve with tomato gravy (No. 687).

**<sup>214</sup> PROTOSE WITH MAYONNAISE**

1 pt. minced protose	1 tbsp. butter
6 egg yolks	3 tbsp. mayonnaise
1 tbsp. grated onion	Salt to taste

Put the butter in a sauce pan and set on the stove, when hot add the onion and cook until brown, add the protose and salt.

Form into balls, making a depression in each ball and drop an egg yolk in each depression; moisten the top with a little cream and bake until the eggs are done.

Serve with a teaspoon of mayonnaise dressing (No. 663), on side of each ball.

**<sup>215</sup> PROTOSE STEAK WITH LEMON SAUCE.**

Cut protose into half moon shaped slices and lay in

a baking pan, put in oven and brown, then sprinkle with finely chopped parsley and pour over it enough lemon sauce (No. 704) to cover well, and bake until nearly dry, when it is ready to serve.

#### **216 HAMBURGER LOAF**

1 qt. cooked beans or lentils	1. tbsp. grated onion
1 1/4 qts. minced protose	.2 eggs
1 tbsp. cooking oil	Salt to taste
Bread crumbs to thicken	

Cook beans or lenils and put through a colander, then mix all together, form into loaves, moisten the top with cream and bake in oven until nicely done.

Cut into slices and serve with sauce imperial (No.708)

#### **217 NUT MEAT PIE**

6 slices nuttolene	6 slices protose
1 tbsp. toasted bread crumbs	Salt to taste
3 tbsp. tomato gravy (No. 687)	

Put protose and nuttolene in layers with the gravy; sprinkle the bread crumbs over the top.; then cover with a rich pie crust, and bake in a moderate oven for one hour.

Cut in slices and serve hot, and garnish with parsley or water-cress.

#### **218 VEGETARIAN MEAT**

1 cup raw nut butter	Salt to taste
1 pt. gluten meal	Navy bean broth to moisten
Emulsify the nut butter in the broth. Mix to a thick consistency and run all through a meat chopper, so as to have no lumps.	

Seal or solder tightly in a can and steam or cook in boiling water for three or four hours.

To make savory food, add tomato juice, cooked together with a bay leaf and sage for a few minutes.

#### <sup>219</sup> BROILED NUTTOLENE

Make the same as broiled protose, being careful not to let it get too brown, so as to have spots of dark brown upon it.

#### <sup>220</sup> BROILED PROTOSE

Cut the protose into thin slices, and broil in a wire broiler over the coals or on a gridiron, or it may be laid in an oiled pan with a very little butter spread over the top, and put in a hot oven from five to ten minutes until of a delicate brown, but not hard and dry.

May be served with jelly or some kind of gravy.

#### <sup>221</sup> MACARONI WITH CHEESE

1¼ cups macaroni	¼ cup cracker crumbs
¾ cup boiling water	½ tsp. salt
1 cup cream sauce (No. 713)	¾ cup cottage cheese

Cook the same as in recipe (No. 209). Put into a pan in layers with the cream sauce and sprinkle with cracker crumbs; repeat until the pan is full, then bake twenty minutes.

#### <sup>222</sup> MACARONI CUTLETS

1 cup macaroni	1 cup milk
1½ tbsp. flour	1 egg
1 cup minced protose	Salt to taste
Bread crumbs to thicken	

Cook macaroni as in recipe (No. 209); drain and chop fine.

Boil the milk and thicken with flour, stir in well-beaten

egg, beat thoroughly; add macaroni, protose, and salt, making it stiff with bread crumbs.

Form into patties or cutlets about two by four inches and bake until nicely browned.

#### **223 MACARONI WITH GRANOLA.**

$\frac{1}{2}$ cup macaroni	1 cup granola
1 pt. boiling water	1 tsp. salt

Cream to moisten

Cook macaroni as in recipe (No. 209); put in layers in a baking pan with the granola, repeat until the dish is full and salt to taste; granola on top, moisten the top with cream and bake twenty minutes in a moderate oven.

#### **224 EGG MACARONI**

$1\frac{1}{2}$ cups macaroni	2 cups cream sauce
3 hard-boiled eggs	$\frac{1}{4}$ cup bread crumbs
$\frac{3}{4}$ qt. boiling water	$\frac{3}{4}$ tsp. salt

Cook as in recipe (No. 209); put in a baking pan and sprinkle over it the hard-boiled eggs, which have been put through a colander, pour over this the cream sauce, sprinkle the top with bread crumbs and bake until nicely browned.

#### **225 MACARONI AU GRATIN**

1 cup macaroni	1 egg
1 pt. boiling water	$\frac{1}{4}$ cup cracker crumbs
$\frac{1}{2}$ tsp. salt	$\frac{1}{3}$ cup cream
1 cup cottage cheese	

Cook macaroni same as in recipe (No. 209), when done, drain; put cottage cheese in a dish, add cracker crumbs and the macaroni, the beaten egg and salt to taste. Stir as light as possible so as not to break the macaroni, sprinkle the top with cracker crumbs and brown in oven.

**226 NUT PATTIES**

1 cup minced protose	1 cup bread crumbs
1 cup minced nuttolene	$\frac{1}{4}$ grated onion
Cream to moisten	Salt and sage to taste

Mix well, form into patties, put in an oiled tin and moisten the top with cream and bake twenty minutes.

**227 COTTAGE CHEESE**

Set a pan of thick sour milk in a dish of hot water, or on the back of the stove where it will heat gradually until the whey separates from the curd.

Do not boil, for that will make the curd tough. Turn into a fine colander or cheese cloth and drain.

When quite dry turn into a dish, and rub fine with a fork or wire potato masher; add a little cream and salt to taste.

Beat until light and smooth, then set in a cool place. It may be formed into balls with the hands, but it should be considerable thicker.

**228 NUT CUTLETS WITH GREEN PEAS AND BROWN SAUCE**

1 cup cooked rice	$\frac{1}{2}$ cup peas pulp
1 tsp. chopped celery	$\frac{1}{2}$ cup nutfoda
Salt and sage to taste	

Mix well, form into oblong patties and brown in the oven.

Serve over them peas that have been heated in a brown sauce and garnish with parsley.

**229 NUT TIMBALES**

2 $\frac{1}{2}$ cups nuttolene	2 eggs
$\frac{3}{4}$ cup tomato juice	$\frac{1}{4}$ tsp. salt

Put nuttolene through a colander; then mix thoroughly

and put in timbale irons and bake thirty minutes in a hot oven.

Set the irons in a pan of hot water while baking. Serve with a rich cream sauce (No. 713) and garnish with parsley.

#### 280 FRICASSEE OF PROTOSE

1 qt. can of protose	1 carrot
1 onion	A sprig of parsley
2 egg yolks	2 tbsp. cream
2 tbsp. cocoanut butter	2 tbsp. flour

Cut protose in half lengthwise and put in a shallow stew pan, add onion, carrot and parsley cut up in small pieces.

Cover with water and cook slowly for one hour or until tender, then melt the butter and stir in the flour, stir well and add the stock in which the protose was cooked. When ready to serve, place the sauce pan on the corner of the range and add the yolks, beaten with the cream; cook a few minutes, then pour over the protose.

Serve in a platter with rice a la georgiene (No. 587).

#### 281 LISBON STEAK

Prepare protose or nutfoda as for broiling (No. 220) and put in oven a few minutes, then cover with nut cream, and cook in oven half an hour.

#### 282 TOMATO TIMBALES

$\frac{1}{2}$ tbsp. cream	1 cup tomato pulp, no juice
1 egg	Salt to taste

Mix well together, put in gem irons, set in a pan of hot water, and bake twenty-five minutes.

Serve cold or hot with cream sauce (No. 713), or garnish with parsley or water-cress.

**233 CREAMED CHIPPED PROTOSE**

Cut protose into fine chips, put in a pan, and cover with rich cream sauce (No. 713), and put in the oven for ten minutes. Serve on a small platter and garnish with parsley.

It is also very nice served on toast moistened in hot water or milk and spread with butter.

**234 BREADED PROTOSE**

1 egg	1 cup minced protose or nutfoda
$\frac{1}{2}$ cup water	
Salt to taste	1 cup zwieback crumbs

Mix well, form into balls, put in an oiled pan, and pour over it the following:—

3 eggs	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ cup flour	Salt to taste

Beat whites and yolks separately, add cream to yolks, and carefully fold in the well-beaten whites; add flour, pour over the balls, and bake in a moderate oven until custard is set.

**235 MOCK HALIBUT**

1 cup nuttolene	1 cup hot rich milk
1 tbsp. butter	$\frac{1}{4}$ tsp. celery salt
1 h. tsp. flour	$\frac{1}{2}$ tsp. onion juice
Salt to taste	

Cut the nuttolene into small pieces, about one-half inch thick (make a little smaller than the dish or mold); put a piece in each mold; then melt the butter and stir in the flour, and add the milk; set in a pan of hot water and cook in a hot oven twenty minutes.

About ten minutes before serving, sprinkle each part with finely chopped parsley, and place the dishes on a small plate, protected with a doily, and garnish with a sprig of water-cress.

**236 SOUFFLES OF NUTTOLENE**

1 cup chopped nuttolene	1 cup milk
$\frac{1}{4}$ cup butter	1 tbsp. flour
2 eggs	$\frac{1}{2}$ tsp. chopped parsley
Salt to taste	

Melt the butter, but do not scorch; add the flour, and stir until smooth. Stir in the milk until it thickens; add the nuttolene and parsley; when it is hot, put in eggs, pour in a buttered dish, and bake twenty minutes.

**237 SAVORY NUT MEATO**

1 cup nut butter	$\frac{1}{2}$ cup water
1 cup strained tomato	$\frac{1}{2}$ cup cornstarch or flour
1 bay leaf	Salt to taste

Cook bay leaf and tomato together for ten minutes, then remove the bay leaf. Mix all together, and cook in a double boiler or steamer for three hours.

May be cut in thin slices and served with jelly.

**238 VEGETABLE CUTLETS WITH GREEN PEAS  
BROWN SAUCE**

1 cup lentil pulp	1 cup cooked rice
1 cup minced protose	$\frac{1}{3}$ cup nut tomato sauce
$\frac{1}{3}$ cup bread crumbs	Salt to taste

Mix well, season with salt and sage; roll out into oblong patties about two by four inches, and bake in the oven till a nice brown.

Serve with green peas and brown cream sauce (No. 706), and garnish with parsley.

**239 MOCK VEAL PIE**

1 cup potatoes	1 cup protose, sliced thin
1 tsp. butter	1 cup nuttolene, sliced thin
Pinch of celery salt	Salt to taste

Dice the potatoes, cook or steam until tender, season with butter and salt; then put in a buttered dish; a layer of protose, then a layer of potatoes, then a layer of nuttolene and another layer of potatoes on top. Cover with a pie crust, put in the oven, and bake until crust is done.

#### 240 NUT CHEESE

1 cup nut butter	$\frac{1}{2}$ cup cornstarch
$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup tomato juice
1 tsp. salt	

Dissolve the nut butter and cornstarch in the water and tomato juice. Add the salt and beat for ten minutes.

Turn into a double boiler, cover well, and cook for six hours; dry it off in the oven, and turn out from the double boiler.

Use as ordinary cheese, or make into sandwiches.



# Vegetables

## 241 VEGETABLES

Vegetables can be obtained in all parts of the world, and no foods are more universally served as a part of the daily bill of fare of rich and poor alike, and none are more frequently spoiled in cooking.

Vegetables do not furnish the most nutritious diet, but are rich in mineral substances and other organic fluids essential for the blood. They also give bulk to the food, so that one is not so likely to overeat.

Such vegetables, however, as peas, beans, and lentils, properly termed legumes, are highly nutritious, as they contain a large amount of protein, used in building and repairing tissue, and are therefore used in place of meat.

## 242 RULES FOR COOKING VEGETABLES

To obtain the best results, vegetables should be well cooked and yet not overdone. If not thoroughly done, they are harder to digest and unpalatable, and if overdone they become soggy and tasteless. Vegetables are classed with other foods that make a healthful diet, and if rightly combined with other foods, such as nuts and grains, are not so hard of digestion, and many nutritious and palatable dishes can be made from them.

A general rule should be applied to all vegetables to be boiled or stewed—to cook them in as little water as possible without burning. The salts and nutritious juices are lost largely in the water, and if this is drained of much of the nutriment is wasted, and the natural or rich flavor is lost.

Strongly flavored vegetables, such as onions, cabbage, or spinach and greens, should be parboiled, that is, put on

in cold water and allowed to boil for about five minutes after coming to a boil, then drained off and put on in boiling salted water. Dry vegetables, as potatoes, carrots, turnips, beets, beans, peas, or lentils, should be cooked in unsalted water until nearly done, then add salt. Salt hardens the water and the cellulose in vegetables, causing them not to cook tender so readily. It also sets the color in the vegetables.

In cooking vegetables by boiling, they should be put in the water as soon as the boiling begins and kept gently, not furiously, boiling until they are done, in a closely covered vessel. However, onions, cabbage, or carrots are better if left uncovered during the cooking, thus letting the strong gases pass off in the steam, giving them a finer flavor. If necessary to add more water, let it also be boiling hot.

Steaming, or baking and roasting, is preferable for most vegetables, because their finer flavors are more easily retained. It is both economy and an improvement to pare potatoes and some other vegetables thin, as much of the most nutritious portion lies next to the skin. Tomatoes may be readily peeled by pouring over them a little scalding water, or steaming a few minutes; then drop into cold water to retain their firmness and cool them.

#### 248 CLASSIFICATION OF VEGETABLES

*Tubers*.—White potatoes and Jerusalem artichokes.

*Roots*.—Beets, carrots, parsnips, radishes, sweet potatoes, turnips, and salsify.

*Bulbs*.—Garlic, onions, and shallots.

*Stems*.—Asparagus, celery, and chives.

*Leaves*.—Brussels sprouts, spinach, sorrel, beet greens, cabbage, lettuce, dandelions, and water-cress.

*Flowers*.—Cauliflower.

*Fruit.*—Beans, peas, lentils, corn, squash, tomatoes, cucumbers, and egg-plant.

Vegetables are especially valuable for their potash salts, and should form a part of each day's dietary.

#### <sup>244</sup> COMPOSITION OF COMMON VEGETABLES, GIVING THE NUTRITIVE VALUES

	Protein	Fat	Carbohydrates	Min. Matter	Water
Asparagus	1.8	.2	3.0	1.0	94.0
Beans	7.1	.7	22.0	1.7	68.5
String beans	2.2	.4	9.4	.7	87.3
Beets	1.6	.1	9.6	1.1	87.6
Cabbage	2.1	.4	5.8	1.4	90.3
Carrots	1.1	.4	9.2	1.1	88.2
Cauliflower	1.6	.8	6.0	.8	90.8
Kohl-rabi	2.0	.1	5.5	1.3	91.1
Celery	1.4	.1	3.0	1.1	94.4
Cucumber	.8	.2	2.5	.5	96.0
Lettuce	1.3	.4	3.3	1.0	94.0
Onions	4.4	.8	.5	1.2	93.5
Parsnips	1.7	.6	16.1	1.7	79.9
Green peas	4.4	.5	16.1	.9	78.1
Potatoes	2.1	.1	18.0	.9	78.9
Sweet potatoes	1.8	.7	27.1	1.1	69.3
Spinach	2.1	.5	3.1	1.9	92.4
Squash	1.6	.6	10.4	.9	86.5
Tomatoes	.8	.4	3.9	.5	94.4
Turnips	1.4	.2	8.7	.8	88.9
Sweet corn	2.8	1.1	14.1	.7	81.3

These may vary somewhat with the quality of the vegetables.

#### <sup>245</sup> ROASTED POTATOES

Pare potatoes, put in a baking pan, cover about two-thirds full with protose broth (No. 815); season with salt;

cook in the oven until nearly done, then spread with butter, and cook until tender. Baste occasionally to make nice and brown.

Or put in a baking pan, cut protose in small pieces, and add to the potatoes; sprinkle with a little chopped onion and salt to taste. When nearly done, spread with butter and cook until tender.

#### **246 LYONNAISE POTATOES**

Pare and dice potatoes into half-inch pieces, then cook or steam until tender; put in an oiled pan; cover the bottom of pan with finely chopped onions, slightly browned in oven. Sprinkle chopped parsley and butter over the potatoes, and brown very slightly in oven.

#### **247 ESCALLOPED VEGETABLE OYSTERS OR SALSIFY**

Scrape vegetable oysters, slice them and steam or boil until tender; put a layer in the bottom of the baking pan, pour cream sauce (No. 713) over them. Sprinkle with salt, another layer of oysters, and a little more salt. Then cover with gravy, and sprinkle the top with bread crumbs, and brown in oven.

#### **248 ESCALLOPED BEETS**

Wash and steam or cook some beets until tender (new beets will require about one and one-half hours, and old beets about six or more hours). Pare and slice them; put a layer of the beets in the bottom of the pan, then a layer of potatoes, and another layer of beets. Then sprinkle each layer with salt, pour over it a thin cream sauce (No. 713), and brown in oven.

#### **249 POTATOES WITH PEAS**

Pare some potatoes, steam or boil until tender, put in

a baking pan, baste with butter, and brown in oven; then pour over peas in cream. Salt potatoes while cooking. New potatoes are to be preferred when they are available.

#### <sup>250</sup> NEW PEAS IN CREAM

Take fresh shelled peas, put in a sauce pan with just enough cold water to cover; cook one hour, or until tender.

They should be about dry, but not scorched, when done. Then cover with rich cream, cook a few minutes, salt to taste, and serve.

#### <sup>251</sup> POTATOES AU GRATIN

Pare some potatoes, steam or boil until tender, put through a colander or potato ricer, and mix with a little hot cream and salt to taste; beat well, put in a baking pan, moisten top with cream, sprinkle with toasted bread crumbs, malted nuts, or cottage cheese, and brown a little in oven.

#### <sup>252</sup> GLAZED POTATOES

Pare some potatoes, steam or boil until tender, salt while cooking; beat up three eggs very light, add a little butter and salt; roll the potatoes in this mixture; put in an oiled pan, dry off in the oven, baste with butter, and brown in a hot oven fifteen minutes.

#### <sup>253</sup> POTATO PUFFS

Pare six potatoes, steam or boil until tender, put them through a ricer; stir in hot cream till quite soft and smooth, add two well-beaten eggs, and beat until very light. Put in a baking pan, and brown in a very light oven, or put in spoonfuls if preferred. If it is desired to have them fancy, put in a pan through a pastry bag and tube.

#### <sup>254</sup> POTATOES A LA DELMONICO

Pare and slice potatoes, soak in ice water one hour;

put in a pan and cover with cream or milk, add salt and a little celery salt, then put in a hot oven and bake one and one-fourth hours. Fifteen minutes before serving, sprinkle top with butter and put back in oven to brown.

#### **255 ESCALLOPED POTATOES**

Pare and slice potatoes, put a layer in the bottom of a baking dish, sprinkle with a little flour and salt, then another layer of potatoes and salt, and cover nearly over with cream. Cook in the oven until tender, or about one and one-fourth hours. A few minutes before the potatoes are done, sprinkle top with butter. Tapioca may be used instead of flour, if preferred. To prevent the milk from curdling, it is best not to add the salt until the potatoes are nearly done.

#### **256 POTATOES IN JACKETS**

Wash some nice potatoes, steam or boil until tender, and serve at once. Salt when nearly done cooking, put just enough water over the potatoes when boiling so that they will be dry and mealy when done.

#### **257 POTATO SCALLOPS**

Have ready buttered ramkin dishes, custard cups, or paper cases; fill with hot mashed potatoes which have been beaten well with melted butter; add salt and milk or cream; beat well for a few minutes, then fill the dishes with the mixture, stamp a pattern or crease with a knife on top of each one; dot with butter and brown in the oven. Serve while hot on a small plate covered with a doily or napkin.

#### **258 POTATO SOUFFLE**

Prepare and bake large, smooth potatoes until well done. Cut off a small portion from the thick end, and re-

move all the inside without breaking any of the skin. Season the pulp with salt, a little butter, and a little cream, one egg, the yolk and white beaten separately. Add the yolk to the potatoes; beat till very light. Now add the well-beaten white, refill the skins with the seasoned potato well above the top. Put them in the oven to reheat until a golden brown. Stand the potato in a vegetable dish with the cut end uppermost, and serve hot.

#### <sup>259</sup> NUT FRENCH POTATOES

2 qts. potatoes	1 onion
2 tbsp. nut butter	2 tsp. white flour
	1 tsp. brown flour

Sprinkle the bottom of a pan with the onion, chopped fine, then fill the pan with the potatoes, cut into strips lengthwise as for French fried potatoes. Emulsify the nut butter in half the water; heat to boiling, and cook a few minutes until thickened; put butter in a sauce pan to melt, and stir in the flour and water; stir until smooth, then salt. Pour over the potatoes, and bake in a slow oven about two hours, or until well done. A half cupful of tomato juice may be added, if desired.

#### <sup>260</sup> HASHED BROWN POTATOES

Use cold boiled potatoes or good left over baked potatoes. Pare and cut into half-inch dice, or chop medium fine. Fresh cooked potatoes may also be used, if preferred. Oil a shallow baking pan, salt the potatoes to taste, and put in the pan; put in a hot oven to brown, stirring or turning them over occasionally until nicely browned. A little butter may be poured over the potatoes before browning, if desired.

#### <sup>261</sup> MASHED POTATOES

Pare some potatoes, steam or boil until tender; put them through a colander or potato ricer, mix with a little

hot cream or milk (if milk is used, add a little butter); salt to taste, and beat until very light and white. If the potatoes are boiled, be sure to have just enough water to cook them in and almost dry without burning, which will make them dry and mealy.

#### **262 POTATO CROQUETTES**

2 cups diced potatoes	2 tbsp. butter
1 egg yolk	1 tsp. celery salt
$\frac{1}{2}$ tsp. chopped parsley	$\frac{1}{4}$ tsp. onion juice

Mix well together, salt to taste, form into croquettes, put in an oiled pan, moisten the top with cream or butter, and bake in a moderate oven twenty-five minutes. Serve with brown gravy (No. 661).

#### **263 POTATOES IN SURPRISE**

Make potato croquette mixture (No. 262), omitting the parsley. Shape in small nests and fill with peas; cover nests with croquette mixture, then roll in form of croquettes. Dip in crumbs, egg, and crumbs again; put in an oiled pan, spread top with butter or cream, and brown in the oven.

#### **264 CREAMED POTATOES**

Pare and cut some potatoes into half-inch dice; cook or steam until tender. When done, put them in a dish and cover with a rich cream sauce (No. 713), salt to taste, and serve at once.

#### **265 BAKED POTATOES**

Choose nice, smooth potatoes of uniform size; wash and scrub with a brush until perfectly clean, dry with a cloth, cut off the ends, and bake in a moderately hot oven for about one hour and a quarter, or until they yield to pressure between the fingers. They are better turned about occasionally, in order to bake nice all around and have them all

done at the same time. In a slow oven the skins become hard and thick, and much of the most nutritive portion is wasted. When done, pierce with a fork, which will allow the steam to escape and prevent the potatoes from becoming soggy. Cover with a coarse cloth, or fold in a napkin, and serve at once.

#### <sup>266</sup> CREAMED CAULIFLOWER

Cut the cauliflower into small pieces, wash clean, and soak in cold salt water for one hour. Parboil, then put on to cook in hot water, and cook for twenty minutes after it has come to a boil; take off the fire as soon as tender, to keep from discoloring; salt when nearly done; drain and put over it a thin cream sauce (No. 650), and serve at once.

#### <sup>267</sup> BAKED PARSNIPS

Pare parsnips, cut lengthwise in two, or quarter, steam or boil until tender, salt while cooking; when nearly done, place in an oiled tin, then spread with butter or cream sauce (No. 650), and brown in a hot oven.

#### <sup>268</sup> CABBAGE WITH LEMON

Chop cabbage (not very fine), boil until tender, season with butter, lemon juice, and salt to taste. Soak one hour in cold salted water before cooking.

#### <sup>269</sup> FRESH STRING BEANS

Cut the beans into pieces about one inch long, being careful to get off all the strings; wash thoroughly, put on in cold water, and cook five minutes after coming to a boil; drain and put to cook in boiling water until tender; then salt to taste, add a little butter, cook a few minutes longer, and serve. Very good seasoned with cream or cream sauce (No. 650) may be added, if preferred.

#### <sup>270</sup> BAKED SQUASH

Cut the squash into small pieces, take out the seeds,

wash clean, and place in a baking pan; bake until nearly done, spread with butter, salt, and a little sugar if desired, and finish baking. Time, about one hour.

#### **271 ESCALLOPED TOMATOES**

1 pt. strained tomatoes	$1\frac{1}{2}$ cups bread crumbs or 1 cup sweet cream	granola
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Mix tomatoes and bread crumbs, then add the cream and salt to taste. Mix well together, and bake for twenty minutes. Tomatoes may be sliced, put in layers with bread crumbs, and baked.

#### **272 PEAS PATTIES**

1 pt. peas pulp	1 egg
$\frac{1}{4}$ cup cream	1 pt. granose flakes
$\frac{1}{3}$ cup nut meal or bread crumbs	

Mix well together, salt to taste; form into small, round patties, put in an oiled pan, moisten the top with cream, and bake a nice brown. Serve with tomato sauce (No. 662), and garnish with parsley.

#### **273 FRENCH CARROTS**

Peel or scrape the carrots, cook until tender; mash or put them through a colander, and season with salt and butter or cooking oil. Serve with a rich parsley sauce (No. 654). They may also be served whole or sliced with the above sauce.

#### **274 PEA AND CELERY CROQUETTES**

1 cup peas	1 egg
$\frac{2}{3}$ cup chopped celery	Bread crumbs to thicken
Sage and salt to taste	

Put peas through a colander, add bread crumbs, egg, and celery; season to taste, form into croquettes, roll in beaten egg, then in bread crumbs, and bake until slightly browned. Serve with brown onion gravy (No. 296), and garnish with parsley or water-cress.

**<sup>275</sup> CORN PATTIES**

1 qt. corn	$\frac{1}{2}$ cup bread crumbs
1 egg	3 tbsp. gluten meal

Put the corn through a colander, mix well together, salt to taste, form into patties or round balls, place in an oiled pan, and bake until a nice brown. Serve with nut tomato gravy (No. 657), and garnish with parsley or water-cress.

**<sup>276</sup> CORN PULP**

Take stewed corn, put through a colander to remove the hulls; then put in a stew pan and heat to boiling, being careful not to scorch it. A double boiler is best, if one has not time to watch it closely. Season with butter and salt to taste.

**<sup>277</sup> BEET GREENS**

Wash young, tender beet tops, cleaning thoroughly; drain and parboil them; put on in hot water and cook until tender, drain, chop quite fine, season with butter, and salt to taste. Add lemon juice if preferred, or a little cream may be added. The small beets may be cooked separately, then chopped fine and added to the greens.

**<sup>278</sup> PEAS PUREE**

2 cups peas	1 tbps. butter
	1 tbsp. cream

Put the peas to cook in boiling water, cook until tender, then simmer slowly, cooking as dry as possible without scorching. Put through a colander to remove the hulls, heat thoroughly, season with butter and salt to taste, and add cream if desired.

**<sup>279</sup> BAKED CORNLET**

Make same as corn pulp (No. 276), put in a baking pan, season with salt, sprinkle top with bits of butter, and bake in a medium hot oven thirty minutes.

**280 BREADED TOMATOES**

1 qt. stewed tomatoes       $\frac{2}{3}$  cup broken toast or stale bread

Break the toast quite fine, and put in a pan, then add the tomatoes, salt to taste, sprinkle bits of butter over the top, and bake in the oven for about half an hour.

**281 MASHED TURNIPS**

Pare some turnips, then they may be cut in two, or, if large, quartered, and cooked or steamed the same as mashed potatoes, keeping them as dry as possible. When done, strain and mash, or put through a colander; season with butter and salt. The addition of a little sugar will be an improvement. When the turnips are old and strong, a few potatoes may be cooked with them, which will be quite an improvement.

**282 STEWED PEAS**

Take canned peas, or shell some fresh peas; put in a stew pan with enough cold water to cover them, and cook slowly for about an hour, or until tender. Add more water occasionally as it boils down. Season with butter, and salt to taste.

**283 ESCALLOPED TURNIPS**

Make same a scalloped beets (No. 248).

**284 CREAMED PARSNIPS**

Wash and peel the parsnips, slice them about half an inch thick; if very large, quarter them first; put in a sauce pan and parboil, then put on the stove with just enough water to cover; stew until tender and the water has nearly cooked away. Make a rich cream sauce (No. 713) and pour over them. Salt just before serving.

**285 BAKED CORN**

1 pt. stewed corn	1 tbsp. butter, milk or water
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Put the corn into a baking pan, season with salt, add milk or water to moisten, put the butter over the top in bits, and bake in a moderately hot oven for about a half hour.

**286 BEET AND POTATO HASH**

2 cups cold boiled beets	3 tbsp. butter
3 cups cold boiled potatoes	1 chopped onion

Chop the beets and potatoes fine, mix in all the onion, and salt to taste; put in an oiled pan, sprinkle the top with the butter, then put in the oven until thoroughly heated through and slightly browned. Serve while hot.

**287 BAKED ONIONS**

Prepare same as boiled onions (No. 288). Steaming is best, because it will not break the onions to pieces. When done, place them carefully in a baking pan, pour over each onion some thick cream sauce (No. 713), and bake in a hot oven until a nice brown.

**288 BOILED ONIONS**

Take good white onions of medium size; peel and soak in cold water for one or two hours, then put on the stove in fresh cold water, let boil about five minutes after coming to a boil, drain, cover with boiling water; cook two or three hours, or until tender; after beginning to boil, let them simmer, so as to break them up. Half an hour before done, add salt and butter, or make thin gravy with butter and flour, using the liquid of the onions, or season with cream. The reason why they should be soaked and parboiled is to remove the acrid oil or strong flavor of the onions, which is irritating to the stomach.

**289 SLICED TOMATOES**

Take good, ripe, round tomatoes that are perfectly fresh and tender. Peel them very thin with a sharp knife without scalding them. Slice and put in a cold place or on ice. Serve as a relish or vegetable.

**290 BROILED TOMATOES**

Wash some nice, ripe tomatoes, clean and cut in halves without peeling. Dust the cut sides with very fine bread crumbs and salt; set the halves in a wire boiler and cook with the skin side next to the heat. When done, set on a hot plate and brown in the oven. The tomatoes may be put in a pan and baked in a very hot oven from thirty to forty-five minutes after preparing for broiling, and be nearly as good, and it is a much easier way to cook them.

**291 ESCALLOPED CORN**

Put in a baking pan a layer of corn, then a thin layer of toasted bread crumbs (No. 391); keep on until the pan is filled; moisten each layer with milk, and salt to taste; then put bits of butter over the top and bake about half an hour.

**292 BEAN PUREE**

1 cup white beans	1 tbsp. butter
$\frac{1}{2}$ cup water or milk	1 tbsp. gluten or brown flour

Wash the beans and soak them over night in cold water, drain, put into boiling water, and cook until perfectly tender; then simmer slowly until the water is nearly evaporated. Put through a colander to remove the hulls; then melt the butter in a sauce pan, stir in the flour or gluten, and add water or milk; cook thoroughly, then add bean pulp, salt to taste, and serve hot.

**293 FRENCH PEAS OR PEAS A LA FRANCAISE**

Take canned or shelled fresh peas; the small French peas are best; put them in a stew pan with enough cold water to cover; add chopped onion and parsley, tied in a cloth; cook slowly about one hour, or until tender; season with butter, and salt to taste. Remove onions and parsley before serving. Bay leaves or thyme may be added instead of parsley, if the latter is not obtainable.

**294 SAVORY BAKED PEAS**

Take peas puree (No. 278). Strain in a little minced celery or celery salt, grated onion, sage, and salt to taste; if more moisture is needed, add a little tomato juice. Put in an oiled baking pan, bake in a hot oven until dry and nicely browned throughout.

**295 BAKED CARROTS**

Prepare same as baked parsnips (No. 267).

**296 MASHED RUTABAGAS**

Prepare and cook same as mashed turnips (No. 281), omitting the potatoes. Serve hot.

**297 BAKED BEANS**

Pick over a quart of the best navy beans, soak them over night in cold water, drain, put on to cook in hot water, and simmer gently until the skins begin to break. Season with salt or butter or cooking oil, then put in a bean pot or granite pan with plenty of water in a slow oven. Bake from twelve to twenty-four hours, or until they are of a reddish brown color; add more boiling water as it boils away.

**298 SAVORY BAKED BEANS**

Prepare and bake same as baked beans (No. 297); season with grated onion, a little chopped parsley or celery

salt, a little sugar and tomato juice may be added, if preferred.

#### <sup>299</sup> BOSTON BAKED BEANS

Prepare and bake same as baked beans (No. 297), with the addition of two tbsp. tomato juice and one tsp. molasses. A few pieces of protose may be baked with the beans if obtainable.

#### <sup>300</sup> SPANISH TOMATOES

3 small tomatoes	3 eggs
4 tbsp. butter or cooking oil	$\frac{1}{2}$ tsp. grated onion

Melt butter or cooking oil in a sauce pan, add the onion and braize a few minutes, but do not scorch; add the eggs slightly beaten, then add the tomatoes, peeled and cut in small pieces. Cook until the eggs are of a creamy consistency, constantly stirring and scraping from the bottom and sides of the dish. Serve hot on toast.

#### <sup>301</sup> BOILED POTATOES

Pare very thin, and wash clean. Have potatoes as near one size as possible; cook in enough water to prevent burning, until a fork will easily pierce their center. Then add a cup of cold water to check the cooking on the outside, while the heat already in the potato will finish the cooking of the center; add salt, and when they again reach the boiling point, drain thoroughly; then place the kettle on the back of the stove. Let set a few minutes for the steam to escape, then cover with a cloth for about five minutes. Shake the kettle several times while drying to make them floury.

#### <sup>302</sup> STEWED NAVY BEANS

Pick over some of the best white navy beans, wash clean, soak over night in cold water, drain, parboil, put on to cook in hot water and stew gently for about three hours,

or until the beans are perfectly tender (be sure and do not let them cook too hard, so as to break into pieces). Add boiling water as it boils away. Season with butter and salt to taste. A little cream may be added, if preferred.

#### <sup>303</sup> STEWED LIMA BEANS

Prepare and cook the same as stewed navy beans (No. 302).

#### <sup>304</sup> STEWED KIDNEY BEANS

Prepare and cook the same as stewed navy beans (No. 302), but cook from three to five hours.

#### <sup>305</sup> SPINACH

Look over some good spinach; reject all wilted and decayed leaves, wash thoroughly in three or four waters, and put on to cook in cold water. Cook five minutes after coming to a boil, drain, and put to cook in slightly salted, boiling water, and boil thirty minutes. When tender, drain in a colander, chop rather coarse, put in a dish, add butter, and salt to season. Serve with slices of lemon, or add the lemon juice before serving.

#### <sup>306</sup> STEWED CORN

Take canned corn, put into a stew pan, add salt, butter, or cream, or little sugar if desired, and more water or milk to make the right consistency. Or select sweet corn just right for table use; run a sharp knife over each row lengthwise, then scrape off with the edge of a knife. This way the hulls will all stay on the cob. Put into a stew pan, add a little water, salt, butter, or cream, stew gently until thoroughly cooked. Stir frequently to prevent burning. Add cream or milk to make the right consistency.

#### <sup>307</sup> RICED POTATOES

Prepare the potatoes the same as for mashed potatoes;

put through a vegetable press into a hot dish, and serve at once. Salt while boiling. A little butter may be added just before putting through the ricer or vegetable press to season them.

#### <sup>808</sup> SAVORY POTATOES

5 potatoes	1 small onion
$\frac{1}{4}$ tsp. celery salt	Salt to taste
Milk to cover	

Slice the potatoes in a baking dish in alternate layers with the onion sliced fine, season and cover with milk. Cover the dish and bake half an hour, then remove the cover and bake until the potatoes are soft and the top is brown.

#### <sup>809</sup> ONION SOUFFLE

2 cups cooked onions	3 eggs
1 cup milk	1 tbsp. butter

Put the onions through a colander. Beat up the eggs, add the milk, butter, and onions. Then salt to taste and put in a baking dish, and bake in a moderate oven until custard is set.

#### <sup>810</sup> STUFFED KOHL-RABI

6 kohl-rabi	1 tbsp. grated onion
1 tbsp. chopped parsley	$\frac{1}{2}$ cup stale bread crumbs
2 tbsp. butter	$\frac{1}{4}$ cup cracker crumbs
$\frac{1}{4}$ cup mashed potatoes	Cream to moisten

Pare and cook the kohl-rabi until tender, drain, cut out the center. Mix all together, fill the shells, and set in a very hot oven to brown the filling.

Serve with cream sauce.

#### <sup>811</sup> CREAMED KOHL-RABI

Pare and cook until tender, then put over them a rich

cream sauce (No. 713), and sprinkle with cracker crumbs, if desired.

#### <sup>812</sup> MASHED PARSNIPS

Wash and peel the parsnips, cut in small pieces, and steam or cook until tender; mash or put through a colander or vegetable press.

Season with butter and salt to taste and serve while hot. A few mashed potatoes may be added, if preferred, and it changes the sweet flavor of the parsnips, to which some object.

If no potatoes are used, then it is best to parboil the parsnips.

#### <sup>813</sup> MASHED CARROTS

Pare carrots, cut into small pieces, steam or cook until tender; then mash or put through a colander, season with butter and salt to taste. The flavor of the carrots will be much improved if a few potatoes are cooked and mashed with them.

#### <sup>814</sup> NEW POTATOES IN CREAM

Wash and rub new potatoes with a coarse cloth or vegetable brush, or scrape with a knife; drop into boiling water and boil briskly until tender, but no more water or they will become soggy; or steam until tender, and put over them a rich cream sauce (No. 713), salt to taste, and serve at once.

The potatoes may also be cut with a spoon-shaped cutter or into any other fancy shapes as may be desired.

#### <sup>815</sup> POTATOES ALA BECHAMEL

Cut cold boiled potatoes into thick slices, put them in a shallow baking pan or dish, and pour over them a sauce bechamel (No. 690), sprinkle with bread crumbs, and put in the oven a few minutes to brown.

<sup>816</sup> PEAS IN CREAM

Take canned peas, put in a sauce pan with just enough cold water to cover; stew gently for one hour, or until tender, but not broken up. They should be about dry. Pour off the rest of the water, and cover with a rich cream; stew a few minutes, then salt to taste, and serve at once. A half tsp. sugar will improve them very much and will make them taste nearly like new peas.

<sup>817</sup> POTATO CAKES, NO. 1

2 cups mashed potatoes	1 egg yolk
2 tbsp cream, if needed	Salt to taste

Form into small round cakes, baste with cream, and brown in the oven.

<sup>818</sup> POTATO CAKES, NO. 2

Pare some potatoes, cook until tender; then mash or put through a colander, and mix with a little hot cream or milk; if milk is used, add a little butter; and salt to taste.

If preferred, an egg or two may be beaten up and added. Put out in large spoonfuls in an oiled tin and bake in a hot oven until a delicate brown.

<sup>819</sup> BROWNED POTATOES

Pare some potatoes, cook or steam until tender, salt while cooking. Place them in an oiled baking pan, then spread over the potatoes butter or a thick cream gravy, and put in a hot oven to brown.

<sup>820</sup> BOILED POTATOES WITH GRAVY

Pare very thin, and wash clean; have them as nearly equal size as possible. Cook in boiling water enough to cover; when nearly done, add the salt, which will prevent the potatoes from breaking up.

When done so that a fork will easily pierce their cen-

ter, pour over them a sauce or gravy made by melting two tbsp. butter and stirring in one and a half tbsp. flour; stir until smooth, then add the water of the potatoes, about one quart," pour over the potatoes, cook a few minutes, and add more salt if needed.

#### <sup>821</sup> BAKED TOMATOES

Select good, ripe tomatoes of uniform size; wash them clean, remove the stems with a sharp knife, then make a depression and put on a speck of butter; place in a baking dish, then sprinkle with salt, and add a very little water. Put in a moderate oven and bake one hour. When baked, they should be nearly dry.

#### <sup>822</sup> DELMONICO MASHED POTATOES

Pare and chop fine four good sized raw potatoes; season with a tsp. salt. Put them in a baking dish, cover with milk, and bake in a quick oven forty minutes.

#### <sup>823</sup> ESCALLOPED CABBAGE

Wash and chop rather fine the required quantity of cabbage, boil until tender (it is best when parboiled); put in a baking pan a layer of the cabbage, then cover with a custard (three eggs to a quart of milk, and salt to taste). Put over this a layer of sliced bread or toasted bread crumbs and some custard, then another layer of cabbage, and cover with the rest of the custard; bake in the oven about twenty minutes, or until custard is set.

#### <sup>824</sup> HOLLANDAISE POTATOES

Pare and dice potatoes into half-inch pieces, put in a baking pan; then mix with salt and sprinkle with chopped parsley. Cover with protose broth (No. 815); put in the oven and cook until tender; baste occasionally, and sprinkle with butter to make a nice brown.

**<sup>825</sup> ROASTED POTATOES, NO. 2**

Pare some potatoes, put into a baking pan, then cut some protose or nutfoda in small pieces and add to the potatoes; sprinkle with a little chopped onion, and salt to taste.

Cook in the oven until nearly done, then spread with butter, and cook until tender; baste occasionally to make them a nice brown.

**<sup>826</sup> STEWED CAULIFLOWER**

Wash the cauliflower and cut into small pieces; soak for an hour in cold, salted water; then put in a stewing pan and almost cover with hot water.

Cook twenty minutes. Do not cook too long, or it will turn red. When nearly done, season with salt and a little butter.

A little milk may be added a little while before it is done, to give it a lighter color.

**<sup>827</sup> STEWED PARSNIPS**

Wash and peel the parsnips, slice them about half an inch thick; if very large, quarter them first; put in a sauce pan and parboil, then put on the stove with just enough hot water to cover them; stew until tender and the water has nearly cooked away. Season with salt and butter, or milk gravy may be added if desired.

**<sup>828</sup> STEWED POTATOES**

Pare and cut in half-inch cubes, then cook in boiling water enough to cover. After coming to a boil, simmer slowly until tender; salt a few minutes before they are done; make a gravy as for boiled potatoes (No. 320), and pour over them, and serve at once.

**329 STEWED TOMATOES**

Take canned tomatoes, heat to boiling, and season with butter and salt to taste; or take nice ripe tomatoes, peel and cut into halves or quarters, then put in a stew kettle with the addition of a little hot water, and cook half an hour; season with butter or cocoanut butter and salt to taste.

**330 BAKED EGG PLANT**

Pare the egg plant and slice one-third inch thick, then soak in cold, salted water for three hours; dip in milk and egg beaten together, then roll in flour or bread crumbs. Put in oiled pan, and bake on top of the stove until it is a delicate brown on both sides, then finish in the oven until well done, and serve hot.



# Desserts

## 881 PASTRY AND RICH DESSERTS

The free use of pies and cakes, as they are commonly made, are, strictly speaking, very unwholesome, and the less we eat of them the better we are off. Cakes, pies, and puddings or other rich foods are poor building material.

These are usually composed of sugar, butter, eggs, milk, fruit, spices, acids, and sometimes nuts are added, without the least regard to their effect upon the body; and they are usually eaten at the close of a meal of meat and vegetables.

But this is not saying that all desserts need be unwholesome. The most wholesome and the most natural desserts are those prepared from fruits and grains, which, if prepared in a simple way, omitting the unwholesome ingredients, will leave no bad after-effects.

Desserts prepared with gelatine make another variety of simple, wholesome desserts, for which the vegetable gelatine is best. This makes a more tender jelly than animal gelatine, and has the advantage of being free from the diseases which are so common among animals.

## 882 CREAM RICE PUDDING

1 qt. milk

1 pt. cream

$\frac{3}{4}$  cup rice

Sugar to taste

Lemon or vanilla to flavor

Heat milk and cream to boiling, put in the rice, and finish cooking in a double boiler until the rice is tender. Add sugar, flavor, and a pinch of salt; cook until thickened, put in a pan, and brown in the oven.

Three eggs may be added, if preferred.

<sup>833</sup> TAPIOCA CUSTARD

$3\frac{1}{2}$ cups milk	3 eggs
$\frac{1}{4}$ cup tapioca	$\frac{1}{4}$ tsp. vanilla
Sugar to taste	Pinch of salt

Soak tapioca in a cup of cold water over night; cook with the milk in a double boiler until transparent, pour over the well-beaten eggs, stirring all the time; add sugar, flavor, and salt; then put in a pan and set in another pan of hot water, and bake in the oven until custard is set.

<sup>834</sup> DATE PUDDING

1 qt. ground dates	$3\frac{3}{4}$ cups fresh bread
5 eggs	crumbs
$\frac{3}{4}$ cup cream	3 cups milk
	Pinch of salt

Mix all together, and cook in a double boiler or steam for three hours, and bake in oven a few minutes. Beat the eggs separately; add whites last.

Serve with whipped cream.

<sup>835</sup> CRANBERRY FOAM

1 cup cranberries	3 egg whites
1 cup sugar	

Scald the cranberries with boiling water, cover the dish, and let stand for five minutes; then drain and put on to cook in just enough boiling water to cover; when done, put through a fine colander, heat to boiling, add sugar, and cook eight minutes; then pour over the eggs, which have been beaten to a stiff froth.

<sup>836</sup> LEMON FOAM

1 pt. boiling water	1 cup sugar
4 tbsp. cornstarch	$1\frac{1}{4}$ cups cream
3 egg yolks	3 tbsp. lemon juice

When water boils, thicken with cornstarch, add other ingredients, and a pinch of salt; cook until cornstarch is thoroughly cooked; now beat up the eggs, stir in the lemon juice, and add the rest, and cook a few minutes. By adding the lemon juice to the eggs, it will prevent curdling.

#### <sup>337</sup> BREAD PUDDING

3½ cups milk	½ cup sugar
3 eggs	1¼ cups stale bread crumbs
Pinch of salt	Flavor to taste

Mix well, add salt, put in a dish, then set in a pan of hot water, and bake until custard is set.

Serve with whipped cream.

#### <sup>338</sup> BAKED APPLES WITH DATES

Select six tart apples, core and pare, then fill the cavities with stoned dates. Bake until tender in a hot oven, basting once or twice with a cup of hot sugar and water syrup.

#### <sup>339</sup> STRAWBERRY AND BANANA DESSERT

1 qt. strawberry juice	4 tbsp. sugar
3½ tbsp. cornstarch	2 bananas

Heat the strawberry juice to boiling, add cornstarch, rubbed smooth in a little cold water; put in the sugar and cook until cornstarch is well cooked.

Mold in cups and put two or three slices of banana in the bottom of each cup, so that when turned out the bananas will be on top. Serve with a fruit sauce.

#### <sup>340</sup> INDIAN PUDDING

1½ qts. milk	½ qt. cream
½ cup ground dates	¾ cup sugar
1½ cups cornmeal	Orange flavor.

Heat milk to boiling, put in a double boiler, add cornmeal; cook three hours, then add sugar, dates, flavor, and a

pinch of salt, and bake in a moderate oven thirty minutes.  
Serve with a hard sauce or whipped cream.

#### <sup>341</sup> RICE AND FRUIT PUDDING

1 qt. milk	$\frac{2}{3}$ cup rice
$\frac{1}{4}$ cup currants	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup raisins	$\frac{1}{2}$ tsp. vanilla

Cook milk and rice together in a double boiler until tender; add sugar, fruit and flavor, and a pinch of salt.

Put in a pan and brown in the oven. Two eggs may be added, if desired, before baking.

#### <sup>342</sup> FIG PUDDING

1 qt. ground figs	3 cups milk
$\frac{1}{2}$ cup cream	5 eggs
Sugar to taste	1 $\frac{1}{4}$ cups stale bread crumbs

Mix all together, put in an oiled pudding dish, and bake in another dish of hot water, or steam one hour.

Beat the eggs separately and add whites last. Serve with lemon sauce (No. 704), or whipped cream.

#### <sup>343</sup> APRICOT PUDDING

Make same as fig pudding (No. 342), using apricots instead of figs, and use the juice for the dressing.

#### <sup>344</sup> FARINA CUSTARD

1 qt. cream or milk	$\frac{1}{4}$ cup farina
$\frac{1}{3}$ cup sugar	3 eggs
Pinch of salt	Vanilla or lemon flavor

Cook farina in the milk in a double boiler two or three hours, add sugar, eggs, and flavor; then put in a baking dish, and cook in oven in a double baker until custard is set.

**<sup>845</sup> APRICOT TARTLETS**

Roll out pastry dough very thin, cut with a round cutter any desirable size. In the center of one piece put a large spoonful of apricot jelly or marmalade; wet the edges of the dough and place another piece of dough on top, and press the edges down.

Put in the oven to bake; when nearly done, glaze with the white of one egg, sprinkle with powdered sugar, and finish baking.

**<sup>846</sup> RICE AND APPLE DESSERT**

1½ cups cooked rice	2 qts. stewed apples
Sugar to taste	Lemon flavor

Put in a dish in alternate layers, rice on top, and bake in oven thirty minutes. Serve with fruit or lemon sauce (No. 704).

**<sup>847</sup> QUEEN PUDDING**

1 qt. milk	1 pt. stale bread crumbs
3 eggs	1 cup sugar
1 tbsp. cornstarch	½ lemon

Beat the egg yolks with the sugar, add salt, lemon juice, and rind; dissolve the cornstarch in a little of the cold milk and add.

Mix in the milk and bread crumbs, put in a pudding dish, and bake in the oven in another dish of hot water until custard is set. Beat up the egg whites to a stiff broth, adding two tbsp. sugar and a pinch of salt; spread on the pudding, and brown slightly in a hot oven.

**<sup>848</sup> CARAMEL CUSTARD**

1 qt. milk	¾ cup sugar
4 eggs	½ tsp. vanilla

Put sugar in a dish and heat until dissolved and brown; be sure to stir all the time to prevent the sugar from burning.

Have the milk boiling hot and pour over the sugar, stirring well all the time; then beat the eggs and stir in a portion of the mixture, beating well to prevent curdling.

Mix well together, add vanilla, put in a baking pan, then set in another pan of hot water, and bake in a moderate oven until custard is set. Serve when cold.

#### <sup>349</sup> MILK CUSTARD

1 cup milk	1 egg
1 tbsp. sugar	$\frac{1}{4}$ tsp. vanilla

Heat milk to boiling, add beaten egg, sugar, vanilla, and a pinch of salt. Cook in a double boiler for fifteen minutes, or until it begins to thicken.

Set away to cool, then serve.

#### <sup>350</sup> MARSHMALLOW CREAM

$\frac{1}{4}$ oz. vegetable gelatine	$\frac{1}{2}$ cup water
$\frac{1}{4}$ cup corn syrup	1 cup sugar
2 egg whites	

Cook the gelatine as directed in recipe No. 441, add syrup and sugar, and boil five minutes; stir constantly to avoid discoloring the syrup. Pour in a fine stream on the egg whites, beater dry; beat until cool.

#### <sup>351</sup> CRANBERRY FLUFF

5 egg whites	2 cups cranberries
2 cups sugar	2 cups water
1 tbsp. cornstarch	

Wash and then cook the cranberries in the water; put through a fine colander, then thicken with the cornstarch; add sugar, and cook ten minutes.

Pour over the stiffly beaten eggs, and beat well until cold.

**352 COCOANUT CROWNS WITH CHERRIES**

1 cup ground cocoanut	1 tbps. butter
1 cup sugar	2 eggs
2 cups flour	Pinch of salt

Make this into a paste, leave in the ice box one hour, then mold it by hand into balls one inch in diameter; lay on a buttered and floured baking sheet, flatten them a little, place in the center a candied cherry, and bake in a medium hot oven.

**353 STRAWBERRY WHIP**

$\frac{1}{2}$ cup sugar	1 egg white
1 cup fresh strawberries	

Clean and wash the strawberries, then mash them to a pulp; add sugar, and pour over the egg white, which has been beaten to a dry froth, and beat five minutes.

**354 CABINET PUDDING**

Place seedless raisins and chopped citron in the bottom of a pudding dish, and line the dish with strips of stale cake; cover with jelly and repeat.

Moisten each layer of cake with lemon or orange sauce; a thin milk custard may be used instead of the lemon or orange sauce. Bake in the oven in a double baker until custard is set.

**355 RICE AND SAGO PUDDING**

1 pt. cream	$\frac{1}{4}$ cup sago
1 pt. milk	Pinch of salt
$\frac{1}{4}$ cup rice	Sugar to taste

Cook rice in milk in a double boiler until nearly done, then add sago and cook half an hour longer, or until sago is transparent and pudding is thick; add sugar and lemon flavor.

Put out in a baking pan and brown off in the oven.

<sup>356</sup> SAGO FRUIT PUDDING

$\frac{1}{2}$ cup sago	$\frac{1}{8}$ tsp. salt
2 cups fruit juice	Sugar to taste

Cook sago in the fruit juice until transparent, add sugar and salt. Put peaches or pears in the bottom of a dish and pour sago over them; serve with peach sauce (No. 703).

<sup>357</sup> BROWN BETTY

$\frac{1}{2}$ cup sugar	2 cups chopped apples
1 cup water	1 cup chopped raisins
2 tbsp. lemon juice	1 cup toasted bread crumbs

Fill the pudding dish with alternate layers of the fruit and bread crumbs (fruit first), finish with bread crumbs on top; pour over it the lemon juice and water; cover and bake in a moderate oven for one hour, or until the apples are well done; then remove the cover and brown slightly.

Serve with lemon sauce (No. 704). A little more sugar may be used, if the apples are sour.

<sup>358</sup> CHOCOLATE RICE MERINGUE

2 cups milk	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup rice	1 tbsp. grated chocolate
4 egg whites	Pinch of salt
$\frac{1}{2}$ cup seeded raisins	$\frac{2}{3}$ cup whipped cream
	$\frac{1}{2}$ tsp. vanilla

Heat milk in a double boiler, put in rice, and cook until tender; add sugar, raisins, vanilla, and chocolate, which has been melted.

Fold in the beaten egg whites and whipped cream. Pour in a buttered baking pan, and bake fifteen minutes.

Cover with a meringue made of two egg whites and one tbsp. powdered sugar, and vanilla flavor, and brown in a moderate oven.

<sup>359</sup> JENNIE LIND PUDDING

Make a sponge cake (No. 497) and serve in individual dishes, and cover each piece of cake with a pineapple sauce made as follows: Grate or put through a colander one pint of pineapples, heat to boiling, and thicken with cornstarch the consistency of thick cream; sweeten and pour over two well-beaten egg whites.

<sup>360</sup> CORN PUDDING

$1\frac{1}{2}$ cups milk	3 eggs
$2\frac{1}{2}$ cups corn	$\frac{1}{4}$ tsp. vanilla or lemon
$\frac{1}{4}$ cup sugar	A little salt

Put the corn through a colander and add to the milk; then beat up the eggs, add salt, and mix all together.

Put in a pudding dish, set in another pan of hot water, and bake until custard is set and a nice brown.

<sup>361</sup> NEAPOLITAN PUDDING

$2\frac{1}{2}$ cups lemon juice	$\frac{3}{4}$ cup sugar
$1\frac{1}{2}$ cups orange juice	4 egg whites
2 cups water	1 oz. vegetable gelatine

Soak the vegetable gelatine in hot water from one to three hours, drain off, and cook in the water for about ten minutes, or until the gelatine is dissolved; strain through a cheesecloth and add to the juice, then add the sugar, and mix well.

Pour this over the stiffly beaten egg whites; before putting in cups, take two or three strawberries or any other kind of fruit and drop in each cup.

Serve with fruit or meltose sauce (No. 711).

<sup>362</sup> CREAM TAPIOCA PUDDING

$\frac{1}{2}$ cup tapioca	1 qt. milk
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup shredded cocoanut

Soak tapioca over night in a cup of cold water, cook with the milk in a double boiler until it is transparent; add sugar, cocoanut, pinch of salt, and the beaten egg yolks.

Mix well and flavor, then pour into a pan, and bake in the oven until custard is set.

Beat the whites to a stiff broth, add one-fourth cup sugar and flavor. Spread this over the top, sprinkle with cocoanut, and brown in a hot oven. Also very nice when the whites are folded in the pudding after the yolks are well cooked with it, instead of putting them on top.

363 GRAPE APPLE

Prepare same as cocoanut apple (No. 364), fill the cavities with sugar, and bake until nearly done, then pour over and around the apples a grape sauce made by thickening grape juice with cornstarch and sweetening to taste. Return to the oven and finish baking.

364 COCOANUT APPLE

Pare and core nice apples, put in a pan, and fill the cavities with sugar; sprinkle a little sugar and a little lemon juice over the top; put a little water in the pan and bake; when done, sprinkle and fill the cavities with shredded cocoanut and put back in the oven until the cocoanut is slightly browned.

**865 LEMON CUSTARD**

1 qt. water	1½ cups sugar
3 tbsp. cornstarch	3 small lemons
3 eggs	Pinch of salt

Have water boiling, then add cornstarch, dissolved in a little cold water; cook five minutes, add sugar, lemon juice, salt, and the egg yolks; then cook fifteen minutes.

Set away to cool; beat up the egg whites and add  $1\frac{1}{2}$

tbsp. sugar and lemon flavor; ice the custard and brown slightly in the oven.

Very nice in individual cups.

#### **866 LEMON APPLE WITH WHIPPED ALMOND CREAM**

Take good-sized tart apples, pare and core, fill the cavities with sugar, pour lemon juice over and around the apples. Add a little water before setting in the oven. Bake until well done, or until the apples begin to turn red; cool, pour whipped almond sauce (No. 710) over one side of the apples, and serve cold.

#### **867 CREAM RICE CUSTARD**

1 qt. milk	Sugar to taste
3 eggs	Pinch of salt
$\frac{1}{3}$ cup rice	Vanilla or lemon flavor

Heat the milk to boiling in a double boiler. Wash the rice well, then add to the milk, and cook until tender; then pour over the beaten eggs; add sugar and flavor.

Pour in a pudding dish, set in another pan of hot water, and bake until the custard is set and a delicate brown.

#### **868 GRANOLA PUDDING**

1 qt. milk	4 eggs
1 cup granola	2½ tbsp. sugar
Pinch of salt	$\frac{1}{3}$ tbsp. lemon juice or extract

Scald the milk and soak granola for a few minutes, then stir in the eggs, sugar, and flavor. Separate half of the eggs and add whites last.

Put in a pan and bake until custard is set and a nice brown.

<sup>369</sup> COMPOTE OF APPLES

3 cups milk or water	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ cup rice	2 cups apple sauce
Sugar to taste	

Cook rice in the milk or water in a double boiler; when nearly done, add salt and sugar, and cook until tender; do not stir, so as not to break the rice.

Put a spoonful of rice on a sauce dish, make a depression in the center, and fill with a spoonful of the apple sauce, which has been sweetened to taste.

<sup>370</sup> BAKED CUSTARD IN CUPS

1 qt. milk	$\frac{1}{4}$ cup sugar
4 eggs	A little salt
$\frac{1}{8}$ tsp. lemon or vanilla flavor	

Beat up the eggs, add the milk and other ingredients, mix well, and put out in sherbet cups; then set in a pan of cold water and bake in a moderate oven until custard is set and nicely browned.

Beat one-fourth of the eggs separately and add whites last, which makes a meringue on top. Serve in cups.

Caramel custard (No. 348) may also be prepared in the same way, which is very nice for a change.

<sup>371</sup> CHOCOLATE SOUFFLE

2 tbsp. butter	1 cup hot milk
2 cups flour	$1\frac{1}{2}$ tbsp. grated chocolate
3 eggs	1 tsp. vanilla

Melt chocolate, stir in the milk, and prepare same as custard souffle (No. 401).

<sup>372</sup> CREAM SAGO PUDDING

$\frac{3}{4}$ cup sago	$1\frac{1}{2}$ qts. milk
$\frac{1}{3}$ cup shredded cocoanut	5 eggs
$\frac{2}{3}$ cup sugar	A little salt

Cook the sago in the milk in a double boiler until transparent, add sugar, cocoanut, and the beaten yolks and two whites of eggs, mix well, and flavor.

Pour into a pan and bake in the oven until custard is set; beat the whites to a stiff froth, add two tbsp. sugar and flavor to taste; spread this over the top, sprinkle with shredded cocoanut, and brown in a hot oven.

#### <sup>373</sup> SAGO CUSTARD

3 cups milk	$\frac{1}{4}$ tsp. vanilla
$\frac{1}{4}$ cup sago	Sugar to taste
3 eggs	A small pinch of salt

Cook sago in the milk in a double boiler until transparent, then pour over the well-beaten eggs, stirring all the time; add sugar and flavor; put in a pan and set in another dish of water, and bake in the oven until custard is set.

#### <sup>374</sup> QUINCE HONEY

Quince honey is a delicious and inexpensive sweet. Choose for this purpose only fully ripe and juicy quinces, then pare, core, and gate them.

To a cupful of the grated fruit allow three cupfuls of sugar and one of water. Boil the sugar and water until it spins a thread, add the grated quince, and continue boiling the mixture until it is as thick as honey.

Put into jars and seal while hot, then keep in a dark place.

#### <sup>375</sup> CHOCOLATE BREAD PUDDING

4 eggs	1 cup sugar
$\frac{3}{4}$ cup grated chocolate	1 qt. boiling milk
3½ cups stale bread crumbs	Pinch of salt
$\frac{1}{2}$ tsp. vanilla flavor	

Soak the bread crumbs in the milk for half an hour. Melt the chocolate and mix in the sugar, salt, and beaten yolks of eggs; mix with the soaked bread crumbs, add the beaten whites and flavor; then pour in a pudding dish. Set in another pan of hot water, and bake in a moderate oven for three-fourths of an hour.

Serve hot with whipped cream or a thin custard (No. 683).

#### <sup>376</sup> PLUM PUDDING

1 cup currants	$\frac{1}{2}$ tsp. lemon flavor
1½ cups raisins	1¼ cups butter
¼ cup chopped nuts	8 eggs
1½ cups brown sugar	2 cups stale bread crumbs
1 cup strawberry juice	4 tbsp. flour
5½ tbsp. prune juice	Pinch of salt

Separate the eggs, then beat up the yolks, add salt, sugar, and butter and whip to a cream; add fruit juice, then mix in the bread crumbs, flour, nuts, and fruit, which should be well floured.

Last, add flavor and fold in the well-beaten whites of eggs. Bake in a moderately hot oven about an hour and a half, or steam three hours.

Serve with whipped cream or lemon sauce (No. 704).

#### <sup>377</sup> COMPOTE OF ORANGES

4 oranges	$\frac{1}{4}$ cup sugar
1 cup water	1 tbsp. sago
1 tsp. lemon juice	$\frac{1}{4}$ cup strawberry or raspberry juice

Pare the rinds very thin off the oranges. Cut the fruit across into halves, or slice and remove the white skin and seeds, and pile the oranges in a glass dish.

Boil the rind with the water, sugar, and sago until the

syrup is clear; strain out the rinds, add lemon juice and berry juice to color.

Pour it over the fruit, set away to cool, then serve.

#### <sup>378</sup> APPLE SNOW

2 apples	1 egg white
$\frac{1}{4}$ cup sugar	Vanilla or lemon flavor

Pare the apples, steam until tender, press through a colander, and add the sugar. Pour the hot apple sauce over the well-beaten egg white, and flavor to taste.

#### <sup>379</sup> GLUTEN CUSTARD

1 pt. boiling water or milk	2 eggs
2 tbsp. 20 per cent gluten meal	Pinch of salt
	Sugar to taste

Allow it to cook until thickened, cool to lukewarm, and add the well-beaten eggs, salt, and sugar.

Turn into cups and steam, or set cups in a pan of warm water and bake in the oven until custard is set.

#### <sup>380</sup> CHOCOLATE PUDDING

1 qt. milk	2 eggs
3 tbsp. grated chocolate	4 tbsp. cornstarch
1 cup sugar	Pinch of salt

Heat the milk to boiling; melt the chocolate and add to the milk, then stir in the cornstarch, which has been dissolved in cold milk or water; cook in a double boiler until thick and cornstarch is thoroughly cooked; add sugar, then stir in the eggs.

Put in molds and set away to cool. Serve with whipped cream.

#### <sup>381</sup> STRAWBERRY TARTLETS

1 pt. sugar	$\frac{1}{3}$ cup apple or strawberry juice
1 cup water	1 pt. fresh strawberries

Put the sugar and water into a sauce pan and boil until it is reduced to a syrup, then take it off the fire and mix it with the apple or strawberry juice, which has been boiled down.

Pick the stems off the strawberries and put them into the syrup.

Butter some patty pans and line them with a good short paste, fill with uncooked rice, and bake them. When the tartlets are cooked, turn the rice out; fill them with the strawberries and syrup, then put them in the oven for ten minutes. Spread a folded napkin on a hot dish, arrange the tartlets on it, and serve.

#### <sup>382</sup> FRUIT TARTS

Make a good cream pie crust (No. 455), roll out about one-third of an inch thick, and cut with a cookie cutter, make several holes in half of them, then put in a pan and bake until done, but not very brown and hard.

Spread one of them with some good jelly, and place the one with the holes on top, pressing down so that the jelly will show through the openings; put on individual dishes and serve.

#### <sup>383</sup> BAKED APPLE DUMPLINGS

Prepare the apples as for apple pie. Roll out some good rich pie paste and cut into pieces about four inches square, add a little butter and sugar, then fill with the apples, and press together with the fingers, leaving no openings; place in an oiled pan, sprinkle with a little flour and sugar and a little nutmeg if preferred; then cover with hot water to wash all the flour from the top, and bake in a moderately hot oven forty-five minutes.

Before the dumplings are done, the top should be moistened and a quantity of sugar sprinkled over them to glaze.

**<sup>384</sup> BOILED APPLE DUMPLINGS**

Prepare the apples same as for baked apple dumplings (No. 383).

Drop them into a pot of boiling water, and cook from forty to fifty minutes, according to the size of the dumplings. Serve with a sauce made by melting butter and sugar together, and a little water and lemon flavor.

**<sup>385</sup> FRUIT DUMPLINGS**

Roll out sufficient pastry crust to make eight dumplings, cut it into rounds four inches in diameter, fill each separately with different kinds of fruits; put on the top of each a little mixture made with a tablespoonful of sifted bread crumbs mixed with an egg, sweetened with sugar, and flavored with lemon rind; roll up to form balls or any shape desired, and drop in a kettle of boiling water and cook forty-five minutes.

When done, turn it out, pour over a nice fruit sauce (No. 699), and serve. These dumplings may also be baked instead of boiled.

**<sup>386</sup> FLOATING ISLAND**

1 qt. milk	1 tbsp. cornstarch
1 cup sugar	$\frac{1}{2}$ tsp. lemon or vanilla
3 eggs	Pinch of salt

Heat the milk to boiling in a double boiler; thicken with the cornstarch, rubbed smooth in a little of the cold milk; stir in the beaten egg yolks, salt to the eggs.

Cook a few minutes longer, then add sugar and flavor to taste.

Put out in a pan to cool, beat up the whites to a stiff froth, add one tablespoonful sugar to two eggs, flavor to taste, and spread on top of the pudding and serve.

Very nice served in individual dishes, a little egg white put on each order and a little speck of jelly in the center.

**387 LEMON SNOW**

1 pt. boiling water	$\frac{1}{2}$ cup cornstarch
1 cup sugar	$\frac{1}{3}$ cup lemon juice
$\frac{1}{4}$ cup cream	3 egg whites

When the water boils, thicken with the cornstarch, add the other ingredients and a pinch of salt, and cook until cornstarch is thoroughly cooked; then pour over the well-beaten whites.

**388 APPLE OPEN TART**

Place the quantity of apples to be used in a sauce pan after peeling, coring, and slicing them, and add a little sugar and water, together with a small quantity of grated lemon rind.

Cook gently until the apples are quite tender, then put the mixture in a basin to cool. Cover a shallow pie tin lined with pie paste with the mixture to a depth of about half an inch; then place on top more of the paste, rolled out into strips, running from side to side to the edges of the crust.

Trim and bake in a moderate oven until done, which is known by the crust being easily separated from the dish. Turn out carefully onto another dish and serve.

**389 COCOANUT CREAM PUDDING**

1 qt. milk	$\frac{1}{3}$ cup sugar
1 cup shredded cocoanut	2 eggs
4 tbsp. flour or $2\frac{1}{2}$ tbsp. cornstarch	

Put the cocoanut into the milk and cook in a double boiler for thirty minutes, strain through a cheesecloth or fine strainer to remove the cocoanut; put back on the stove; when boiling hot, thicken with the flour or cornstarch, and cook for twenty minutes; then add the beaten yolks and sugar (add a pinch of salt to the eggs).

Cook a few minutes longer, then pour out in a pudding dish. Beat up the whites of eggs stiff, add a tablespoonful of sugar and lemon flavor; spread on the pudding, and brown off in a hot oven.

Sprinkle the top with a little shredded cocoanut before browning, if preferred.

#### <sup>390</sup> CHOCOLATE CREAM PUDDING

1 qt. milk	1 cup sugar
3 egg yolks	4½ tbsp. flour
A little salt	½ tsp. vanilla flavor
	3 tbsp. grated chocolate

Heat the milk in a double boiler, then melt the chocolate and add to the milk, and thicken with the flour, rubbed smooth in a little of the cold milk.

Cook for thirty minutes, then stir in the beaten yolks, salt and sugar and flavor to taste. Cook until the flour is thoroughly cooked.

The whites of eggs may be used for meringue on top of the pudding, if preferred.

#### <sup>391</sup> COCOANUT RICE CUSTARD

1 qt. milk	2 cups sugar
3 eggs	1 cup shredded cocoanut
	¼ cup rice or 1½ cups boiled rice

Cook the cocoanut in the milk in a double boiler for half an hour, drain, put the milk in a double boiler again; when hot, add the rice, which has been well washed.

Cook for one hour, then add the well-beaten eggs and sugar; put into a pudding dish, and set in a pan of hot water and bake until the custard is set.

#### <sup>392</sup> ORANGE FLOAT

1 lemon	1 cup sugar
3 oranges	1 pt. cold water
	2 tbsp. cornstarch

Squeeze the juice of the lemon into the water; add the sugar and cornstarch, and boil until thick and cornstarch is thoroughly cooked, stirring constantly to prevent sticking to the bottom of dish.

Peel and slice the oranges, pour the mixture over them; spread the top with meringue, and set on ice until very cold.

#### <sup>393</sup> PLUM PUDDING

1½ cups cream	1 cup currants
1¼ cups dried cherries	2 cups butter
2½ cups flour	1½ cups sugar
6 eggs	2 oz. candied citron
2 oz. orange peel	Pinch of salt
2½ cups stale bread crumbs	

Beat the eggs, add cream, bread crumbs, and butter. Beat well together; mix flour and fruit together, then add sugar, mix well, and pour into a buttered dish; cover well, and steam or bake in a double baker three hours.

Dry off in the oven for a few minutes, and serve hot with lemon sauce (No. 704). Beat the eggs separately, and add whites last.

#### <sup>394</sup> SNOW PUDDING

2½ qts. milk	1 cup cornstarch
8 egg whites	¾ cup sugar

Lemon or vanilla flavor

Heat the milk to boiling, stir in the cornstarch, which has been rubbed smooth in a little cold milk; finish cooking in a double boiler until cornstarch is thoroughly cooked.

Pour over the stiffly beaten egg whites, add a pinch of salt and flavor. It may also be served in cups with whipped cream.

#### <sup>395</sup> ESCALLOPED RASPBERRIES

3 pts. berries	1 pt. cream
	1 cup sugar

Sprinkle sugar over the berries, chill and whip the cream, place in alternate layers in a glass dish, and serve very cold.

### <sup>896</sup> CHOCOLATE LAYER PUDDING

#### No. 1

1 qt. milk	$\frac{2}{3}$ cup sugar
1 d. sp. sea moss farina, or 4 tbsp. cornstarch	

Heat the milk to boiling, stir in the sea moss farina; cook one-half hour, add sugar, and strain through a cheese-cloth; put in a pan and set away a few minutes to cool, but not until hard, so that the other layer will adhere to it.

#### No. 2

1 qt. milk	$\frac{2}{3}$ cup sugar
1 dsp. sea moss farina, or 4 tbsp. cornstarch	
3 eggs yolks	

Make the same as No. 1 and add to the first layer. Add a pinch of salt to the eggs.

#### No. 3

1 qt. milk	$\frac{3}{4}$ cup sugar
3 egg whites	2 tbsp. grated chocolate
1 d. sp. sea moss farina, or 4 tbsp. cornstarch	

Cook the same as No. 1. Melt the chocolate and stir in; when thoroughly cooked, pour over the well-beaten eggs, put on the second layer, and set away to cool. Serve with a thin custard (No. 683).

### <sup>897</sup> SNOWFLAKE PUDDING

1 qt. milk	2 eggs
$\frac{1}{2}$ cup cream of wheat	$\frac{1}{2}$ cup powdered sugar
Pinch of salt	

Let the milk come to a boil, then add the cream of wheat; sprinkle in slowly, stirring all the time. Add salt

and allow this to cook a few minutes; then cook in a double boiler from two to three hours.

Then add the well-beaten whites of eggs, and pour in molds and set in a cool place. When time to serve, turn the pudding out in a dish and pour over it the yolks of the eggs and sugar, well beaten together.

#### <sup>398</sup> CREAM OF WHEAT MOLD

1 qt. milk	$\frac{1}{2}$ cup cream of wheat
$\frac{1}{2}$ cup sugar	Lemon or vanilla flavor

Heat the milk to boiling in a double boiler, stir in the cream of wheat, and cook from two to four hours, stirring occasionally until the grains are set.

Add sugar and flavor, then put in molds, and set away to cool; turn out in a sauce dish, and serve with banana cream sauce (No. 700).

#### <sup>399</sup> STRAWBERRY GRANOSE

1 pt. strawberries	$\frac{1}{2}$ cup granose flakes
	Sugar to taste

Put a layer of flakes in a pan; cover with a layer of crushed berries, mixed with sugar. Repeat until all is used up, berries on top.

Let stand a few minutes and serve.

#### <sup>400</sup> FARINA MOLD

1 qt. rich milk	Sugar to taste
$\frac{1}{2}$ cup farina	Pinch of salt
	Lemon or vanilla flavor

Heat milk to boiling in a double boiler, stir in farina, and cook from one to three hours; season to taste, then pour into cups that have been wet with cold water, and mold.

Serve with a thin custard or banana cream sauce (No. 700).

**\*<sup>401</sup> CUSTARD SOUFFLE**

2 tbsp. butter	1 cup hot water
2 tbsp. flour	3 eggs
1/4 cup sugar	1/2 tsp. vanilla

Melt butter, add flour, and gradually pour in the hot milk, stirring well with a wire egg-beater; when well thickened, pour over the yolks of eggs, beaten until thick and lemon colored, and mix with sugar; cook ten minutes, being careful not to let it scorch.

Then fold in the whites, beaten stiff and dry; then add vanilla. Set away to cool, and serve.

**\*<sup>402</sup> APPLE WHIP**

2 sour apples	2 egg whites
Lemon flavor	1 cup powdered sugar

Peel and grate the apples, and sprinkle over them the sugar as you grate them, to keep them from turning dark.

Beat the eggs to a stiff froth, then add slowly the grated apples, beating all the time. Add the rest of the sugar and flavor to taste, and beat five minutes longer, or until nice and stiff.

Heap this in a glass dish, pour around it a fine, smooth custard, and serve.

**\*<sup>403</sup> BANANA TAPIOCA PUDDING**

2/3 cup tapioca	1 egg
1 qt. milk	4 bananas
1/2 cup sugar	Banana or lemon flavor

Heat the milk to boiling in a double boiler, then wash the tapioca in cold water and cook in the milk until transparent. Beat up the egg and stir in, then add sugar and flavor, and cook a few minutes.

Slice the bananas in a pudding dish, and pour over them the filling. Set away to cool, and serve plain or with sauce.

**404 CHOCOLATE CUSTARD**

1 pt. milk	3 tbs. grated chocolate
1 cup sugar	$\frac{3}{4}$ tbsp. cornstarch
3 eggs	2 tsp. vanilla

Heat the milk in a double boiler, add the cornstarch, rubbed smooth in a little cold milk; let cool for ten minutes, then add the chocolate, which has been melted; mix well, and pour over the well-beaten eggs (add a little salt to the eggs), then add vanilla flavor and sugar. Put out in a baking pan, and bake in moderate oven until cornstarch is set, or bake in a double boiler.

**405 STRAWBERRY CHARLOTTE**

Cover the bottom of a baking pan with a layer of strawberries, cover this with stale bread (more berries than bread), repeat until the pan is full; moisten each layer of bread with the following sauce:—

4 tbsp. almond butter	2 egg whites
1 pt. strawberry juice	Sugar to taste

Emulsify the almond butter in the strawberry juice. cook until thickened, then add sugar and a little salt.

Pour over the well-beaten egg whites, and beat until cold.

**406 CORNMEAL PUDDING**

1 $\frac{1}{4}$ cups cornmeal	1 $\frac{1}{2}$ tsp. butter
1 cup molasses	1 pt. cold milk
1 qt. boiling milk	A little salt

Beat well together the cornmeal and molasses, then add the boiling milk, the butter, and the salt.

Pour in a buttered pan and set in another pan of hot water in a warm oven until it thickens; then pour over it the cold milk (but do not stir, as this makes it jelly), and bake in a moderate oven for three hours.

Serve warm with hard sauce, or whipped cream.

## 407 BAVARIAN CREAM, NO. 1

2 egg yolks	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup sugar	1 cup milk, cold
$\frac{1}{3}$ tsp. vanilla	1 cup cream
$\frac{3}{4}$ oz. vegetable gelatine	Pinch of salt

Scald the milk, soak the gelatine in hot water for one hour, then drain, add the water, and cook about ten minutes, or until gelatine is dissolved; then strain through a cheesecloth, add the beaten eggs and sugar, and pour over them the milk; add flavoring, and when the mixture begins to thicken, add the cream, beaten to a stiff froth. Stir slowly until well mixed. Pour into a mold or sherbet cups, and let stand till firm.

## 408 BAVARIAN CREAM, NO. 2

Make the same as Bavarian cream No. 407, omitting the eggs.

## 409 COMPOTE OF PEACHES

2 cups milk	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup farina	2 egg whites
Pinch of salt	3 peaches

Heat the milk in a double boiler, and stir in the farina and let it cook from two to four hours; add sugar and salt.

Put a spoonful of the farina on a sauce dish, make a depression in the center, place there a slice or a half peach. Beat the egg whites to a stiff froth, sweeten and flavor with lemon, and serve a spoonful with each order.

## 410 CREAM PUDDING

2 cups milk	$3\frac{1}{2}$ tbsp. flour
$\frac{2}{3}$ cup sugar	$\frac{1}{4}$ tsp. vanilla flavor
2 eggs	Pinch of salt

Heat the milk in a double boiler, thicken with the flour,

and cook until nearly done, then beat up the yolks, add sugar, and stir into the mixture.

Cook until thoroughly done, pour in a pan, and put the whites of eggs on top, and brown off a little in a quick oven.

#### \*11 COCOANUT CREAM SOUFFLE

1 qt. milk	1 cup shredded cocoanut
½ cup sugar	2 eggs
1½ tbsp. cornstarch or 3 tbsp. flour	

Put the cocoanut in the milk and cook in a double boiler thirty minutes; strain through a fine strainer to remove the cocoanut, then put back on the stove; when boiling hot, thicken with the cornstarch or flour, and cook twenty minutes. Then add the beaten egg yolks and sugar (add a pinch of salt and part of the sugar to the eggs).

Cook a few minutes longer, then pour over the stiffly beaten egg whites and set away to cool.

#### \*12 MARSHMALLOW PUDDING

1 pt. raspberry juice	1 cup hot water
1 cup pineapple juice	1 cup pineapple pulp
½ cup chopped English walnuts	4 egg whites
	Sugar to taste

½ oz. vegetable gelatine

Prepare the same as for fruit jelly (No. 441), strain through a cheesecloth or fine strainer, and add half of it to the raspberry juice, and the other half to the pineapples, and sweeten to taste. When the raspberry juice begins to harden, pour over two well-beaten egg whites, and put out in a pan. Pour the pineapple mixture over the other beaten egg whites, and when it begins to harden, beat in the chopped nuts. Then pour this over the first layer before it is too hard, or it will not adhere to it.

Cut in slices and serve as cake with orange sauce (No. 678) or whipped cream.

#### **\*413 STRAWBERRY SHORT CAKE**

4 eggs	$\frac{3}{4}$ cup flour
$\frac{1}{3}$ cup sugar	2 tbsp. boiling water
1 cup granose flakes	Pinch of salt
$\frac{1}{4}$ tsp. lemon flavor	

Separate the eggs, beat the yolks a little, then add gradually the sugar and hot water, beating all the time; when very stiff, fold in the flour and flakes; then add salt, and carefully fold in the stiffly beaten egg whites.

Bake in two small layers in a moderate oven ten to twenty minutes.

Spread one cake with berries and cover with the other, or cut the cake into individual orders, with berries between and on top.

Any other kind of fruit may be used instead of the strawberries, such as raspberries, blackberries, blueberries, and currants.

#### **\*414 BANANA SHORT CAKE**

Prepare the same as for strawberry short cake (No. 413); spread sliced bananas between the layers of cake, and serve with a fruit dressing or whipped cream.

#### **\*415 LEMON SHORT CAKE**

Prepare the same as for strawberry short cake (No. 413), put a thick layer of lemon filling (No. 519) on one layer of cake, and place over this the other layer.

Serve in sauce dishes with lemon sauce or whipped cream.

#### **\*416 APPLE COBBLER**

Slice the apples and sweeten, then fill a half pie crust

and turn over; then do the same way with the other half, and bake in a slow oven.

#### **\*<sup>417</sup> APPLE SAGO PUDDING**

Fill a pan with pared and cored apples, fill the center where the core was taken out with sugar, put a little water in the pan, and bake until the apples are done; pour over it the following and return to the oven to brown a little:—

$\frac{1}{2}$ cup sago	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups water	Lemon flavor
Cook until sago is transparent, when it is done.	

#### **\*<sup>418</sup> APPLE TAPIOCA PUDDING**

$1\frac{1}{4}$ cups tapioca	1 cup sugar
$4\frac{1}{2}$ cups water	Pinch of salt

Fill a pan with pared and cored apples; bake in oven until nearly done, then cover with the cooked tapioca; return to the oven, and bake until the apples are done.

Cook tapioca in a double boiler for one hour, or until transparent.

The apples may also be quartered or sliced instead of leaving them whole, if preferred. Flavor to taste.

#### **\*<sup>419</sup> PEACH A LA CONDE**

1 cup rice	6 cups milk or cream
Sugar to taste	$\frac{1}{2}$ tsp. salt

Cook the rice with the milk in a double boiler until tender, add sugar and salt; then put out on individual dessert dishes (a spoonful on each dish), make a depression in the center, and put a half peach on it, rounded side up.

Then put the following dressing around the peach with a pastry bag and tube:—

##### Dressing

2 tbsp. water	$\frac{2}{3}$ cup sugar
3 egg whites	$\frac{3}{4}$ tsp. lemon juice
$\frac{1}{2}$ tsp. orange or lemon flavor	

Cook sugar and water to a syrup until it hardens when dropped in cold water, add lemon juice; then pour over the well-beaten whites of eggs; flavor and color a nice pink with fruit coloring, if desired.

It is also very good served with whipped cream.

#### **420 PEARS A LA CONDE**

Make the same as peach a la conde (No. 419), only use pears instead of peaches.

#### **421 BANANA CREAM PUDDING**

1 qt. milk	Pinch of salt
4½ tbsp. flour	3 eggs
⅔ cup sugar	3 bananas

Heat milk to boiling, add flour, rubbed smooth in a little of the cold milk, and cook in a double boiler for thirty minutes; then add sugar, salt, banana flavor, and the egg yolks, and cook until thoroughly done.

Slice the bananas in the bottom of a baking dish, then put in the filling, and set away to cool.

Now beat up the whites of the eggs and stir in two tbsp. of powdered sugar; spread on top of the pudding, and brown off in a quick oven.

#### **422 CORNSTARCH PUDDING**

1 qt. milk	Sugar to taste
3½ tbsp. cornstarch	½ tsp. vanilla or lemon
1 cup raisins or currants	Pinch of salt

Heat the milk in a double boiler, then add the cornstarch (rubbed smooth in a little of the cold milk); cook until thoroughly cooked, then stir in the raisins or currants, sugar, and salt.

Flavor to taste and serve hot.

#### **423 APPLE AND PEACH SOUFFLE**

1½ qts. apple sauce	2 cups bread crumbs
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2 cups peach sauce	1½ cups sugar
3 egg whites	Lemon flavor

Put the apples and peaches through a colander, heat to boiling in a double boiler, add bread crumbs and sugar, then pour over the well-beaten egg whites.

Serve hot or cold with lemon sauce (No. 704) or almond sauce.

#### <sup>424</sup> BAKED INDIAN PUDDING

1 qt. milk	Pinch of salt
3 eggs	Vanilla flavor
Sugar to taste	½ cup raisins or currants
	1½ cups cold cornmeal mush

Beat up the eggs, add milk, and stir in the cornmeal mush; then add salt, sugar, and flavor. Flour the fruit and add last; then put out in a pan and set this in another pan of hot water, and bake until custard it set.

#### <sup>425</sup> CHERRY DESSERT

1 qt. cherry juice	1 cup sugar
1 pt. blackberry juice	¾ cup cornstarch

Heat the juice to boiling, add cornstarch that has been dissolved in a little cold water. Stir well, boil five minutes, then add the sugar.

Turn out into molds that have been wet with cold water.

Serve cold with whipped cream.

#### <sup>426</sup> CORNSTARCH FRUIT PUDDING

2 cups boiling water	1 tsp. vanilla
½ cup sugar	3 egg whites
3 r. tbsp. cornstarch	Pinch of salt

Thicken water with cornstarch and cook ten minutes; then add the sugar and vanilla; add salt to the eggs. Pour this over the beaten egg whites and beat well; pour out in sherbet cups and set away to cool.

Mold and serve with sliced peaches and cranberry sauce (No. 699).

#### <sup>427</sup> FARINA PUDDING

$\frac{1}{2}$ cup farina	$\frac{1}{3}$ cup sugar
1 qt. milk	Pinch of salt
$\frac{1}{4}$ tsp. vanilla or lemon flavor	

Heat the milk scalding hot in a double boiler, stir in the farina, and cook for three hours. Then add the sugar, salt, and flavoring; serve with a thin custard or banana cream sauce (No. 700).

A few raisins and two eggs, well beaten, may be added about thirty minutes before it is done, if preferred, which will be a pleasant change.

#### <sup>428</sup> SURPRISE CUSTARD

##### No. 1

1 qt. milk	$\frac{2}{3}$ cup sugar
$\frac{1}{4}$ tsp. vanilla	Pinch of salt
1 d. sp. sea moss farina, or 5 tbsp. cornstarch	

Heat the milk in a double boiler, add the sea moss farina or cornstarch; cook for half an hour, stirring occasionally; add sugar, salt, and flavor. If sea moss farina is used, strain through a cheesecloth, put in a pan and set away to cool while making the custard.

##### No. 2

3 egg yolks	$\frac{1}{4}$ tsp. lemon flavor
$\frac{3}{4}$ cup sugar	Pinch of salt
1 d. sp. sea moss farina, or 5 tbsp. cornstarch	

Make the same as No. 1, with the addition of the eggs. Beat up the eggs well and add slowly, stirring well, then cook about fifteen minutes longer.

Pour this over No. 1, and set away to cool. The whites may be used for meringue on top of the custard, or it may be served with a thin milk custard (No. 349).

A pink layer may be added to the above, which will make it very nice.

#### 429 PINEAPPLE SNOW

2 small pineapples	2 d. sp. lemon juice
6 egg whites	1½ cups water
1½ tbsp. cornstarch	1½ cups sugar

Grate the pineapples, then boil together with the lemon juice, sugar, and water; thicken with the cornstarch, then pour over the well-beaten egg whites.

Put in a pan and set away to cool.

#### 430 ORANGE TAPIOCA PUDDING

1¼ cups tapioca	1 cup sugar
4½ cups water	Pinch of salt
Sliced oranges	

Cook tapioca in double boiler for one and a half hours, or soak over night in half of the water and cook until transparent; put in layers with sliced oranges, tapioca on top.

Set away to cool, and serve with lemon or orange sauce (No. 678).

#### 431 COTTAGE PUDDING

6 eggs	1 cup sugar
4 tbsp. hot water	2 cups flour
¼ tsp. lemon flavor	Pinch of salt

Beat the eggs five minutes, add hot water, and beat five minutes longer; then add sugar, salt, and flavor. Put in a pan lined with paper and oiled, and bake in a medium hot oven from twenty to forty minutes.

Serve with lemon sauce (No. 704).

#### 432 ORANGE CREAM

⅔ cup orange juice	1½ cups water
2 tbsp. lemon juice	1 cup sugar
1 tbsp. cornstarch	3 egg whites

Heat the water to boiling, thicken with cornstarch, rubbed smooth in a little cold water. Add the juice and sugar, and cook a few minutes; then pour over the well-beaten whites, and set away to cool.

#### 433 LEMON CREAM

$\frac{1}{2}$ cup lemon juice	$1\frac{1}{2}$ cups water
1 tbsp. cornstarch	1 cup sugar
3 egg whites	A few drops lemon flavor

Heat the water to boiling, thicken with cornstarch, rubbed smooth in a little cold water. Add juice and sugar, and cook a few minutes; then pour over the well-beaten whites, and set away to cool.

#### 434 PEACH TAPIOCA PUDDING

$1\frac{1}{4}$ cups tapioca	1 cup sugar
$4\frac{1}{2}$ cups water	Pinch of salt
Flavor to taste	

Cook tapioca in the water in a double boiler for one and a half hours, or until transparent; add sugar and flavor. Then put in layers with peaches that have been quartered and cooked, one layer of peaches in a pan, then a layer of tapioca. Set away to cool, and serve with lemon or orange sauce (No. 678).

#### 435 SEA MOSS FARINA BLANC MANGE

1 qt. milk	1 d. sp. sea moss farina
2 tsp. sugar	Pinch of salt

Heat the milk to boiling, stir in the farina, and cook in a double boiler for half an hour, stirring occasionally; add sugar and flavor to taste. When cooked, strain through a cheesecloth and put out in a pan and set away to cool. Serve with a thin custard (No. 683).

**436 LEMON SOUFFLE**

$1\frac{1}{2}$ cups sugar	Grated rind of 1 lemon
4 tbsp. cornstarch	4 tbsp. lemon juice
1 qt. milk or water	4 eggs

Heat the milk or water to boiling, thicken with cornstarch, rubbed smooth in a little cold water. Cook a few minutes, being careful not to let it burn; then add the yolks and cook a few minutes longer. Then pour over the well-beaten whites, and set away to cool.

Add the lemon juice to the yolks before cooking to prevent curdling the milk.

**437 ORANGE SOUFFLE**

$1\frac{1}{2}$ cups orange juice	4 tbsp. cornstarch
1 cup sugar	4 eggs
1 tbsp. lemon juice	Rind of 1 orange, grated

Heat the water to boiling, thicken with cornstarch, rubbed smooth in a little cold water. Add the juice and grated rind, and cook a few minutes, being careful not to let it burn; then add the yolks, and cook a few minutes longer. Then pour over the well-beaten whites, and set away to cool.

**438 LEMON CREAM PUDDING**

2 cups milk	Juice of 1 lemon
$\frac{2}{3}$ cup sugar	Rind of 1 lemon
2 eggs	Pinch of salt
$3\frac{1}{2}$ tbsp. flour	

Heat the milk in a double boiler and stir in the flour; cook until nearly done, then beat the yolks, add lemon juice and sugar, and stir into the mixture.

Cook until thoroughly done, pour in a pan; then put whites of eggs on top of the pudding, and brown off a little in a quick oven.

## \*\* LEMON PUDDING

1 qt. water	2 lemons
$\frac{3}{4}$ cup sugar	Grated rind of 1 lemon
4 eggs	Pinch of salt
7 $\frac{1}{4}$ tbsp. flour or 3 $\frac{1}{2}$ tbsp. cornstarch	

Heat the water to boiling, then add flour or cornstarch, rubbed smooth in a little cold water; cook until nearly done, then beat up the eggs, add lemon juice and salt, and stir into the mixture.

Cook until thoroughly done, pour into a pudding dish, and set away to cool.

## \*\* ROYAL PUDDING

Pare and core medium sized apples (have them as near the same size as possible), put them in a baking pan; fill the cavity where the core was taken from with ground raisins, sprinkle with sugar and grated lemon rind; put a little water in the bottom of the pan; bake in the oven until done, but not broken up.

Make a cake batter as for sponge cake (No. 497), and pour a thin layer of it over the apples when they are baked; put back in the oven and bake until the cake is done.

Serve with lemon sauce (No. 704).

## \*\* FRUIT JELLY

1 pt. fruit juice of any kind	1 pt. hot water
1 $\frac{1}{3}$ cups sugar	$\frac{1}{2}$ oz. vegetable gelatine

Soak gelatine one to three hours or longer in hot water (about 120° F.), drain off the water and cook in the pint of hot water eight or ten minutes, or until perfectly clear; strain through a cheesecloth or a fine strainer, and add to the fruit juice.

Mix well and dish out in sherbet cups, previously wet

in cold water, and set away to cool. Serve plain or with lemon sauce (No. 704).

#### \*\* ORANGE JELLY

$2\frac{2}{3}$ cups orange juice	2 cups hot water
$1\frac{1}{3}$ cups lemon juice	2 cups sugar
$\frac{1}{2}$ oz. vegetable gelatine	

Make the same as fruit jelly (No. 441), using orange and lemon juice.

#### \*\* STRAWBERRY JELLY

1 qt. strawberry juice	1 tsp. lemon juice
1 cup hot water	Sugar to taste
$\frac{1}{2}$ oz. vegetable gelatine	

Make the same as fruit jelly (No. 441), using strawberry juice. Serve with lemon sauce (No. 704).

#### \*\* LEMON JELLY

$1\frac{1}{4}$ cups lemon juice	$1\frac{1}{4}$ cups boiling water
2 cups sugar	$1\frac{1}{4}$ cups cold water
$\frac{1}{3}$ oz. vegetable gelatine	

Prepare the same as for fruit jelly (No. 441), strain through a cheesecloth or fine strainer, and add to the juice, which has been added to cold water and sugar; fill sherbet cups, which have been wet in cold water, and set away to cool.

Serve with lemon or fruit sauce (No. 699).

#### \*\* STRAWBERRY AND LEMON JELLY

$1\frac{1}{4}$ cups lemon juice	2 cups water
$1\frac{1}{4}$ cups boiling water	$1\frac{1}{4}$ cups cold water
$\frac{1}{3}$ oz vegetable gelatine	

Prepare the same as for fruit jelly (No. 441), strain through a cheesecloth or fine strainer, and add to the juice,

which has been added to the sugar and water; fill sherbet cups about half full, and set away to cool.

#### Strawberry

Make the same as above, only add strawberry juice instead of lemon, and half as much sugar.

Fill the cups with this after it is firm enough to adhere without mixing, but do not wait until it is too hard, or it will not adhere to the other layer.

When firm, turn out on a sauce dish, and serve with hard sauce or whipped cream or apple whip (No. 402).

#### \*446 FRUIT MOLD

1 qt. fruit juice of any kind	1 pt. hot water
	3 bananas
1½ cups sugar	½ oz vegetable gelatine
	½ oz. vegetable gelatine

Prepare the same as for fruit jelly (No. 441), then line molds or sherbet cups with thin-sliced bananas, and pour into them the jelly.

Set away to cool until serving time; turn out into sauce dishes, and serve with lemon or orange sauce (No. 678).

Other fruits may be substituted for the bananas, such as cherries, pineapples, strawberries, and raspberries or oranges.

## Frozen Desserts

Frozen desserts, such as fruit gelee, sherbet, and fruit ice, are refreshing in warm weather, and will do no harm if eaten in moderation and slowly, allowing them to melt in the mouth.

### 448 FRUIT GELEE

1 cup pineapple juice	$\frac{2}{3}$ cup sugar
1 cup orange juice	1 tbsp. lemon juice
1 $\frac{1}{4}$ cups water	1 egg white
$\frac{1}{8}$ oz. vegetable gelatine or $\frac{2}{3}$ tbsp. cornstarch	

Soak the vegetable gelatine three hours in hot water (not boiling), then put in a colander or strainer and drain well; cook in one cup of hot water until dissolved (about ten minutes), and strain through a cheesecloth.

Mix fruit juice, sugar, and water together; have it ready when gelatine is cooked, then mix thoroughly together.

Put in a freezer and freeze until nearly done, then stir in the beaten egg white and freeze until stiff.

If cornstarch is used, heat fruit juice to boiling before adding cornstarch, and cook until thoroughly done, then cool off again before freezing.

Any other fruit juice may be used, if preferred.

Stir very fast the last five minutes, to give it a velvety texture.

### 449 FROZEN MALTED NUTS

1 cup malted nuts	1 $\frac{1}{4}$ pts. boiling water
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Boil the malted nuts and water five minutes, and set aside to cool. Then put in the freezer and freeze until very stiff. Two egg whites, well beaten, may be added when half frozen, and also the yolks, if desired.

**460 WATER ICES**

A simple water ice is made with the juice of some fruit of a pleasantly tart flavor, such as lemon, orange, or strawberry, etc., diluted with water and sweetened to taste.

It is frozen without rapid motion, that the ice may have a clear appearance.

Sherbets have the addition of white of egg or gelatine, and are stirred rapidly during the freezing process, thus giving it a frothy, cream-like appearance of ice cream, yet without the use of cream.

**461 FROZEN PUNCHES**

Frozen punches are really water ices with the addition of some spirituous liquor, and are therefore not to be recommended. They usually contain water, tea, sugar, lemon, and liquor.

**462 FROZEN STRAWBERRIES**

1 cup sugar	2 tsp. lemon juice
	1 qt. fresh strawberries

Pick the strawberries over carefully, and wash them; add the sugar and lemon juice, cover, and set aside for one hour.

Boil together one-half pound sugar and one quart water for five minutes; strain and cool.

Mix this with the strawberries, turn into a freezer, and stir slowly until the mixture is frozen.

**463 FROZEN MALTED MILK**

1 cup water	2 tbsp. Horlick's malted milk
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Heat the water to boiling, then sprinkle in the malted milk; stir well, and salt to taste; do not boil after the milk is added. Then put in a freezer and freeze until very stiff.

One egg white, well beaten, may be added when half frozen, if desired, and also the yolk.

## **“FROZEN RASPBERRIES**

Pick the raspberries over carefully, and wash them; add the sugar and lemon juice, cover, and set away on ice for one hour. Boil together one-half pound sugar and one quart water for five minutes; strain and cool. Mix this with the raspberries, turn into a freezer, and stir slowly until the mixture is frozen.



# Pies

## 455 CREAM PIE CRUST

$\frac{1}{2}$ cup butter	2 cups flour
1 cup cream	$\frac{1}{3}$ tsp. salt

Sift the flour and carefully work into it the butter and salt; rub with the hands until perfectly smooth; moisten with the cream, handling as little as possible and without kneading.

Take sufficient for one crust, roll out on a floured board, quickly and lightly, about an eighth of an inch in thickness, and a little larger than the pie tin; flour or butter the pie tin, cover with the crust, trim away the overhanging portions, and press the edges into an ornamental wall with the thumb and fingers.

If a top crust is used, roll it out in the same manner, and make a few ornamental cuts in the center, to allow the steam to escape. Wet the edges of the lower crust, put on the upper crust, and press the edges together, so that the juice may not escape.

## 456 PLAIN PIE CRUST

1 cup butter	2 cups flour
$\frac{1}{2}$ cup cold water	$\frac{1}{4}$ tsp. salt

Make the same as cream pie crust (No. 455), using water instead of cream. Cooking oil may be used instead of butter.

## 457 NUTMEAL PIE CRUST

1 cup flour	$\frac{2}{3}$ cup peanut meal
$\frac{1}{3}$ cup cream	$\frac{1}{4}$ tsp. salt

Sift the flour, mix thoroughly with the salt and nut-

meal; rub with the hands until perfectly smooth, moisten with the cream, handling as little as possible and without kneading.

Roll out and finish the same as cream pie crust (No. 455).

#### 458 GRANOLA PIE CRUST

$\frac{3}{4}$  cup cream

$\frac{2}{3}$  cup granola

A pinch of salt

Mix all together, let stand a few minutes; then place in the center of a pie tin, spread it evenly and thinly over the bottom and around the sides of the tin.

Press the edges into an ornamental wall with the thumb and fingers; this should be done quickly, before the granola becomes dry.

#### 459 SQUASH PIE

1 cup squash

$\frac{1}{3}$  cup sugar

3 eggs

1 tbsp. molasses

1 pt. cream or milk

Cook the squash, put through a colander, put in a pan, and bake in oven until dry and brown; add the milk, sugar, molasses, eggs, and a pinch of salt. Beat one-third of the eggs separately and add the whites last; then put through a fine colander, put in a pie tin, and bake until custard is set.

#### 460 DATE CREAM PIE

2 cups dates

3 eggs

$2\frac{1}{2}$  cups milk

$\frac{1}{2}$  tsp. cornstarch

A little salt

Seed the dates and stew until tender and dry, then rub through a colander; mix all together and put through a fine colander, to make it smooth; beat half of the eggs separately, and add whites last; stir well, fill a pie tin, and bake in a moderate oven until custard is set.

**\*61 CUSTARD PIE**

$2\frac{1}{2}$ cups cream or milk	1 tbsp. sugar
4 eggs	Pinch of salt
Vanilla or lemon flavor	

Mix all well together; beat one-third of the eggs separately, and add the whites last; then put in a pie tin and bake in a moderate oven until custard is set.

**\*62 BANANA CUSTARD PIE**

1 qt. milk	$\frac{1}{2}$ cup sugar
3 eggs	3 tbsp. cornstarch
A little salt	

Beat the eggs, add milk, sugar, and cornstarch (rubbed smooth in a little cold milk); mix thoroughly, then make a pie crust and put in a thin layer of sliced bananas, add the filling, and bake until custard is set and a little brown.

**\*63 BANANA CREAM PIE**

1 qt. milk	$\frac{3}{4}$ cup sugar
2 bananas	4 egg yolks
Banana flavor	A little salt
$\frac{2}{3}$ cup flour or $\frac{1}{3}$ cup cornstarch	

Heat the milk to boiling, add flour or cornstarch, and cook in a double boiler thirty minutes; then add sugar, salt, flavor, and the egg yolks, and cook until thoroughly done.

Slice bananas in a previously baked pie crust, then put in filling and set away to cool. Now beat up the whites and stir in two tbsp. sugar, spread on top of the pie, and brown off in a quick oven.

**\*64 LEMON PIE**

2 cups water	Grated rind of $\frac{1}{2}$ lemon
1 cup sugar	Juice of 1 lemon
2 tbsp. cornstarch	1 tbsp. butter
2 eggs	A little salt

Make the filling the same as for orange pie (No. 489), and put in a previously baked pie crust, and put whites on top, then brown in a quick oven.

#### 465 CREAM RAISIN PIE

1 qt. rich milk	$\frac{1}{2}$ cup seedless raisins
$\frac{3}{4}$ cup flour	$\frac{3}{4}$ cup sugar
4 eggs	A little salt
	$\frac{1}{2}$ tsp. vanilla flavor

Heat the milk to boiling, put in a double boiler, and add flour, which has been rubbed smooth in a little cold water or milk.

When nearly done, add sugar, salt, and egg yolks; cook until thoroughly done, then stir in the raisins. Fill in a previously baked pie crust, and set away to cool.

Beat up the whites to a stiff broth, stir in some sugar and vanilla flavor, and put on top of the pies, then brown off in a quick oven.

#### 466 SWEET POTATO PIE

1 cup mashed sweet potatoes	2 cups milk
$\frac{1}{4}$ tsp. grated lemon rind	$\frac{1}{3}$ cup sugar
2 small eggs	Pinch of salt Nutmeg or vanilla flavor

Mix the milk, potatoes, and sugar together, flavor, then stir in the eggs; separate half of the eggs and add the well-beaten whites last. Put through a fine colander, so as to remove all lumps, then put in a pie tin and bake until the custard is set and a delicate brown.

#### 467 PINEAPPLE PIE, NO. 1

1 cup pineapple juice	1 cup water
1 qt. pineapple pulp	Juice of 1 lemon
$\frac{3}{4}$ cup sugar	$1\frac{1}{2}$ tbsp. cornstarch

Mix all together, heat to boiling, then add cornstarch, and cook in a double boiler for forty minutes.

Pour in a previously baked pie crust, beat up the whites of two eggs, add two tbsp. sugar, and spread on the pie and set in oven a few minutes to brown.

#### <sup>468</sup> BLUEBERRY PIE

Line a pie tin with pie paste. Put in the berries half an inch thick, add sugar and flour, mixed together; sprinkle over it a teaspoonful of lemon juice. Cover with the top crust, pressing down the edges tightly.

Trim and bake in a medium hot oven for forty-five minutes.

#### <sup>469</sup> PRUNE PIE

Cook prunes until very tender, remove the pits, and put the prunes through a colander; add a little of the juice, a little lemon juice, and sugar to taste. Line a pie plate with crust and fill with the prunes; sift over it just a little flour, cover with an upper crust, moisten the top with a little cream, and bake.

#### <sup>470</sup> CHERRY PIE

$1\frac{1}{4}$ cup cherry juice	1 cup sugar
1 cup cherries	$1\frac{1}{2}$ tbsp. cornstarch or flour

Put juice, fruit, and sugar together in a stew pan, and bring to boiling; rub the cornstarch smooth in a little cold water, add to the boiling liquid, stirring rapidly; cook the cornstarch or flour thoroughly until liquid has a clear appearance.

Put in a previously baked pie crust; beat the whites of two eggs to a stiff broth, and add two tbsp. of sugar, then spread on the pie and brown in a hot oven.

If preferred, it may be made with two crusts. Mix the sugar and flour together, add to the cherries, and add a little

water; fill a pie tin with this, and put another crust on top, and bake until cherries are done.

#### 471 CREAM PIE

1 pt. rich milk	3 tbsp. flour
2 eggs	3 tbsp. sugar
½ tsp. vanilla or lemon flavor	

Heat the milk to boiling, put in a double boiler, add flour, rubbed smooth in a little cold milk, and cook one-half hour; beat the sugar, egg yolks, and a pinch of salt together and add, then cook a few minutes longer, and flavor.

Put in a previously baked pie crust and set away to cool. Beat up the whites, add 1½ tbsp. sugar and flavor, then meringue the top of the pie and brown in a hot oven.

#### 472 LEMON CREAM PIE

Make the same as cream pie (No. 471), with the addition of the juice of one lemon, which should be added to the beaten egg yolks to prevent the milk from curdling.

#### 473 FRUIT MINCE PIE

1 cup chopped apples	¼ cup currants
½ tbsp. apple juice	½ cup seeded raisins
¼ tbsp. lemon juice	½ tbsp. peach juice
½ tbsp. cherry juice	1 tbsp. sugar
⅛ tsp. salt	1 oz. chopped citron
Grated rind of ¼ orange	1 tbsp. rolled nuts

Cook all together until the apples are done, put in pie tins, and bake in a moderate oven.

#### 474 MINCE MEAT

2½ cups chopped apples	¼ cup currants
2½ cups minced protose	½ cup sugar
⅔ cup meltose or molasses	½ cup raisins

$1\frac{1}{4}$ tsp. salt	1 tbsp. vanilla flavor
1 tsp. butter	$\frac{1}{2}$ cup prune marmalade
1 cup boiled apple juice	$\frac{1}{2}$ cup rolled nuts

Mix all together, steam or cook slowly until the apples are tender. This is enough for three pies.

#### 475 GRAPE PIE

1 qt. grapes	$\frac{2}{3}$ cup flour
	$1\frac{1}{4}$ cups sugar

Mix sugar and flour together, add to the grapes, being careful not to break them; put in pie tins, lined with pie paste, and put on a top crust; bake until the crust is done and a delicate brown.

If fresh grapes are used, add a little water to each pie, and bake until the grapes are done.

#### 476 APPLE PIE

$1\frac{1}{2}$ pt. apples	$\frac{2}{3}$ cup sugar
3 tbsp. flour	Grated rind of 1 lemon
$\frac{1}{2}$ tsp. lemon juice, if desired	Nutmeg to flavor

Line a pie tin with pie paste; mix the flour, sugar, and lemon together, and sprinkle a little in the bottom. Fill with the apples, cut in thin slices. The tin should be slightly rounding full; now add the rest of the sugar, and sprinkle over it the lemon juice, and a little water if the apples are not very juicy.

Put on the upper crust, and bake forty-five minutes or one hour, according to the heat of the oven and the thickness of the apples.

#### 477 CHOCOLATE CUSTARD PIE

1 qt. milk	1 tbsp. cornstarch
1 cup sugar	$\frac{2}{3}$ cup water

**4 eggs**   **2 tsp. vanilla flavor**  
**3 tbsp. grated chocolate**

Reserve the whites of two eggs for meringue or add last to the filling before baking. Beat together the remainder of the eggs, sugar, and vanilla; dissolve the chocolate in the water and cook a few minutes.

When nearly cold, add to the eggs and sugar. Heat the milk in a double boiler; stir in the cornstarch, rubbed smooth in a little cold water, and cook a few minutes.

Cool off a little and add to the other mixture; put in a tin lined with pie crust, and bake until custard is set.

478 CARROT PIE

Beat the eggs quite light; then mix all together, add a little salt, put in a pie tin, and bake until custard is set.

479 PEAR PIE

**1 pt. pears**                       $\frac{2}{3}$  cup sugar  
**1 tsp. flour**                      1 tsp. lemon juice  
                     $\frac{1}{3}$  cup pear juice or water

Mix flour and sugar together, add to the pears and other ingredients; place in a pie tin lined with pie crust, put another crust on top, and bake in a moderate oven.

The pears may be reduced to a pulp, if preferred. If fresh pears are used, they should be pared and sliced rather thin.

**480 PEACH PIE**

Make the same as pear pie (No. 479), using peaches instead of pears.

**481 CRANBERRY PIE**

1 pt. cranberries	$\frac{1}{4}$ cup flour
1 cup sugar	1 cup water

Pour boiling water over the berries; let stand in a covered dish a few minutes, then drain, put on to cook in the water until they crack.

Mix well together the sugar and flour, and add to the berries.

Bake with an upper and lower crust.

**482 PINEAPPLE PIE, NO. 2**

1½ cups grated pineapple	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup pineapple juice	2 tsp. flour

Mix flour and sugar together, add to the pineapple; mix all together, and bake with an upper and lower crust.

**483 RAISIN PIE**

1 cup raisins	1 cup water
1 tbsp. flour	Sweeten to taste
Juice of 1 lemon	

Wash the raisins clean, stew them until nearly tender, then mix flour and sugar together; put all together and mix carefully, so as not to break the raisins; put in a pie tin and bake.

**484 STRAWBERRY PIE**

2½ cups strawberries	2 tbsp. flour
$\frac{3}{4}$ cup sugar	3 tbsp. water

Wash the strawberries; put in a pie tin, add water; mix sugar and flour together and add to the berries. Bake with an upper and lower crust in a moderate oven.

If canned berries are used, omit the water and use the juice.

**485 TAPIOCA CREAM PIE**

1 pt. milk	3 tbsp. sugar
1½ tbsp. tapioca	1 egg
Flavor to taste	

Cook tapioca in a double boiler with the milk until transparent; add sugar, yolk of egg and flavor, and a pinch of salt.

When thick as custard, add the well-beaten white of egg. Put in a previously baked pie crust, and set away to cool.

The white of egg may be used for meringue on top of the pie, if preferred.

**486 CARAMEL PIE**

4 eggs	1 qt. milk
1 tbsp. cornstarch	¾ cup sugar
½ tsp. vanilla, if desired	

Put sugar in a dish and heat until dissolved and brown; be sure to stir all the time, to keep sugar from burning.

Heat milk to boiling, thicken with the cornstarch, rubbed smooth in a little cold water. Pour slowly over the sugar, stirring all the time; now beat up the eggs and stir in a little of the hot milk; mix all together, add vanilla, put in a pie tin, and bake in a moderate oven until custard is set.

**487 COCOANUT CREAM PIE**

2 cups rich milk	⅓ cup sugar
2 egg yolks	3 tbsp. flour
½ cup shredded cocoanut	

Put the cocoanut in the milk and cook in a double boiler one hour; strain through a cheesecloth to remove the cocoanut; put back on the stove; when boiling hot, thicken with the flour, and add beaten egg and sugar.

Cook twenty minutes, add a little salt, and put in a

previously baked pie crust. Beat the egg whites to a stiff froth, add one tbsp. sugar and flavor; spread on top of the pie and brown in a quick oven.

#### <sup>488</sup> CHOCOLATE PIE

1 qt. milk	1 cup sugar
$\frac{1}{2}$ tsp. vanilla	2 tbsp. grated chocolate
4 tbsp. cornstarch	4 egg whites

Heat the milk to boiling in a double boiler; melt the chocolate and add to the milk, then thicken with the cornstarch, rubbed smooth in a little cold milk. Cook for thirty minutes, then add sugar, pinch of salt, and vanilla, and pour in a previously baked pie crust.

Beat up the whites of the eggs to a stiff froth, add two tbsp. sugar, and flavor to taste; spread on top of the pie, and brown slightly in a hot oven.

#### <sup>489</sup> ORANGE PIE

1 cup water	1 tbsp. cornstarch
1 cup sugar	1 tbsp. grated orange rind
1 egg	Juice of 1 orange
1 tsp. butter	Juice of 1 lemon

Heat the water to boiling, add orange rind and juice, the sugar and butter; boil a few minutes, strain, and heat to boiling; thicken with the cornstarch, boil a few minutes longer, then pour over the beaten egg yolk, and cook a few minutes.

Put in a previously baked pie crust and set away to cool. Beat the whites to a stiff froth, add two tsp. sugar and a little orange flavor; put on top of the pie, and brown in a hot oven.

#### <sup>490</sup> PUMPKIN PIE

1 cup pumpkin	$\frac{1}{2}$ tbsp. cornstarch
2 eggs	1 pt. milk
$\frac{1}{3}$ cup sugar	Pinch of salt

Make the same as squash pie (No. 459), using pumpkin instead of squash.

#### <sup>491</sup> RASPBERRY PIE

2½ cups raspberries	2 tbsp. flour
⅔ cup sugar	2 tbsp. water

Make the same as strawberry pie (No. 484), using raspberries instead of strawberries.

#### <sup>492</sup> BLACKBERRY PIE

Make the same as strawberry pie (No. 484), using blackberries instead of strawberries. A little lemon juice may be added, if desired.

#### <sup>493</sup> DRIED APPLE PIE

Take good dried apples, wash thoroughly, and soak for several hours, or over night, in sufficient water to cover them.

Stew gently without draining until tender; put through a colander, or use whole; add lemon flavor, if desired, and a little grated lemon or orange rind.

Bake with two crusts, or ornament with strips.

#### <sup>494</sup> APRICOT PIE

Make the same as dried apple pie (No. 493), using dried apricots instead of apples, and use more sugar.

#### <sup>495</sup> LEMON APPLE PIE

1 lemon	1 cup chopped apples
1 cup sugar	2 egg yolks

Mix the lemon rind and juice with the chopped apples and stir with them the sugar. Beat the yolks to a thick froth, then mix all together. Put in a pie tin and bake twenty minutes, or until crust is done.

Use the whites for meringue on top.

**496 BUTTER SCOTCH PIE**

1 qt. milk	$\frac{3}{4}$ cup brown sugar
$\frac{1}{2}$ cup granulated sugar	2 tbsp. butter
$\frac{1}{2}$ cup cornstarch	4 egg yolks

Put sugar in a dish and heat until dissolved and brown, but do not scorch. Then add the butter, brown sugar, and milk; put in a double boiler, and thicken with the cornstarch; cook ten minutes, then beat up the eggs with a little sugar and a pinch of salt, and cook fifteen minutes longer.

Put in a previously baked pie crust, and set away to cool. Then put the whites on top, and brown in a quick oven.



# Cakes

## 497 SPONGE CAKE, NO. 1

6 eggs	1½ cups sugar
2 cups flour	1 tsp. vanilla flavor
4 tbsp. hot water (165° F.)	Pinch of salt

Separate the eggs; beat the yolks to a stiff cream, add gradually the hot water and sugar, beating all the time; when very stiff, sift in the flour and fold it in very carefully, dipping down at the sides and coming up in the center of the dish, making as few strokes as possible.

Add the salt and flavor, then fold in the whites, which have been beaten to a stiff froth. Pour this in a tin which has been lined with white paper and oiled. Bake in a moderate oven from twenty to forty minutes.

Frost with boiled icing (No. 517), or any other kind of frosting desired may be used.

## 498 SPONGE CAKE, NO. 2

6 eggs	1 cup sugar
3 tbsp. hot water	1 tsp. vanilla flavor
1½ cups flour	Pinch of salt

Beat the eggs, then set the dish in another dish of hot water; continue beating until the eggs are stiff and lemon colored, and have a cooked appearance; add hot water, sugar, salt, and flavor; beat a little more, then sift in the flour and fold it in carefully, dipping down at the sides and coming up in the center of the dish, making as few strokes as possible.

Pour this in a cake tin which has been lined with white paper and oiled. Bake in a moderate oven from twenty to forty minutes. Frost with boiled icing (No. 517).

This is the quickest way to beat up eggs for a cake, but it is harder than the first method in sponge cake No. 1 (No. 497).

#### <sup>499</sup> NUT SPONGE CAKE

3 eggs	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup chopped or rolled nuts	$\frac{1}{2}$ tsp. vanilla
	2 tbsp. hot water

1 cup flour

Make the same as sponge cake (No. 497), except adding the nuts last with the flour.

#### <sup>500</sup> CHOCOLATE CAKE

6 eggs	$1\frac{1}{2}$ cups water
2 cups flour	4 tbsp. hot water
$\frac{1}{2}$ cup powdered chocolate	1 tsp. vanilla

Make the same as sponge cake (No. 497), but add the chocolate last, after the flour is in, so as to prevent the cake from falling.

#### <sup>501</sup> STRAWBERRY LAYER CAKE

Make a sponge cake (No. 497); bake in two pans about fifteen minutes; make strawberry jam or marmalade, and put between the cakes; then put a white frosting on top.

#### <sup>502</sup> CUP CAKE

3 eggs	$1\frac{1}{2}$ cups flour
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ cup sugar
5 tbsp. cold cream	

Separate the eggs and beat the yolks; then add the sugar and cream; beat until light and frothy; put in the flour and a pinch of salt; fold in the whites of eggs, beaten to a stiff froth; add flavoring, then turn at once into slightly heated and oiled gem irons, and bake in a moderate oven from twenty to thirty minutes.

**503 CRESCENT CAKE**

Make a sponge cake (No. 497); cut in half-moon shaped or crescent pieces, spread each piece with a boiled icing (No. 517), and put one or two candied cherries or currants on each piece of cake.

**504 JELLY CAKE**

Make a sponge cake (No. 497). Bake in two or three small layers from fifteen to twenty minutes; when the cake is cool, put some nice jelly between the layers and a white or pink frosting on top.

**505 CHOCOLATE LAYER CAKE**

Make a sponge cake (No. 497). Bake in two layers and put chocolate filling (No. 516) between and on top of the cake.

**506 COCOANUT CAKE**

Make a sponge cake (No. 497). Spread the top with cocoanut filling (No. 518), and sprinkle with shredded cocoanut; or spread with white boiled icing (No. 517), and sprinkle with shredded cocoanut.

**507 COCOANUT LAYER CAKE**

Make the same as strawberry layer cake (No. 501); put cocoanut filling (No. 518) between the layers and on top; or, if preferred, put a white boiling frosting (No. 517) on top, and sprinkle with shredded cocoanut.

**508 COCOANUT CREAM CAKE**

4 eggs	1½ cups flour
½ cup cocoanut cream	Pinch of salt
½ tbsp. lemon juice	1 cup sugar

Separate the eggs; beat the yolks quite light, add lemon juice and sugar; beat until thick and creamy, then put in the cream and beat until thick again.

Now sift in the flour and fold it in carefully; stir as little as possible; then fold in the whites, which have been beaten to a stiff froth, but do not beat it, to keep the air from escaping and keep the cake light.

Bake in a moderate oven from thirty to fifty minutes; be sure that it is baked before taking out of the oven; turn bottom side up, letting the edges of the dish rest on something, so that the air can circulate under the cake.

#### <sup>509</sup> NUT AND CHOCOLATE CAKE

Make the same as chocolate cake (No. 500); but just before baking, sprinkle over it one-half cup rolled or chopped nuts.

Ice with chocolate frosting (No. 524), or with a white frosting, and sprinkle the top with powdered chocolate.

Very nice when raisins or currants are added and the chocolate is omitted and served as nut and fruit cake.

#### <sup>510</sup> APPLE SNOW CAKE

Make the same as sponge cake (No. 497). Bake in two small layers.

##### Filling

1 cup sugar	1 large apple
2 egg whites	Lemon or orange flavor

Pare the apple, grate it, add sugar and flavor; mix with the well-beaten egg whites, and beat until very light.

Spread one layer of cake with it; put the other layer on top and spread with the rest of the filling; or, if preferred, icing may be used for the top.

#### <sup>511</sup> MARBLE CAKE

##### White Part

5 eggs	$\frac{1}{2}$ cup granulated sugar
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$\frac{1}{2}$  cup flour

$\frac{1}{2}$  tbsp. lemon juice

Separate the eggs, then beat the whites a few minutes; add pinch of salt and lemon juice, and beat until very stiff and crumbly; then beat in the sugar, adding a little at a time, and last add the flour, which has been sifted three times before measuring; sift in a little at a time and fold it in very carefully, dipping down at the sides and coming up through the center of the dish, making as few strokes as possible.

#### Dark Part

6 eggs

1 cup flour

$\frac{3}{4}$  cup sugar

Vanilla flavor

$\frac{1}{2}$  cup powdered chocolate

Beat the yolks to a stiff cream; add gradually the sugar and two tbsp. hot water, beating all the time; when very stiff, fold in carefully the flour; add a pinch of salt and flavor; then fold in the well-beaten whites, and, last of all, add the chocolate.

Put in cake tins by dropping a spoonful of the light mixture and one of the dark until all is in. Bake in a moderate oven twenty to forty minutes; then put on it caramel frosting (No. 521).

#### <sup>512</sup> ROLL JELLY CAKE

3 eggs

1 cup sugar

1 cup flour

2 tbsp. hot water

$\frac{1}{2}$  tsp. vanilla

Pinch of salt

Make the same as sponge cake (No. 497), then spread out thin in a pan which has been lined with paper and oiled.

Bake in a moderate oven ten to fifteen minutes; when done, turn out on a cheesecloth or paper, and spread with jelly, then roll up; wrap in the cloth and set away to cool.

**513 FRENCH SPONGE CAKE**

4 eggs	1¼ cups pulverized sugar
1½ cups flour	1 tsp. lemon juice
2½ tbsp. hot water	Pinch of salt

Make the same as sponge cake (No. 497). Bake in two small layers.

**Filling**

2 tbsp. butter	2 egg yolks
2 tbsp. powdered sugar	Pinch of salt

Beat to a cream the butter and gradually add the sugar, dropping into this the egg yolks, and beat well. Set this on ice; when the cakes are baked and quite cool, spread one layer thick with the mixture; put the other on top, and dust it lightly with powdered sugar.

Icing may be put on top, if preferred.

**514 CREAM SPONGE CAKE**

6 eggs	1¼ cup sugar
⅓ tsp. lemon flavor	2 cups flour
1 cup cream	Pinch of salt
⅓ cup hot water	

Make the same as sponge cake (No. 497). Whip the cream until very stiff; add to the cake mixture at the last; put in a pan which has been lined with paper and oiled, and bake in a moderate oven twenty to forty minutes.

**515 ANGEL CAKE**

6 egg whites	½ cup flour
1 tsp. lemon juice	1 tsp. lemon or vanilla flavor
¾ cup powdered sugar	
Small pinch of salt	

Beat the eggs until dry and flaky; add lemon juice and flavor; carefully fold in the mixture of flour and sugar,

which should be well sifted. Make as few strokes as possible, dipping down at the sides of the dish and coming up through the center.

Put in a bright and clean cake tin, which should not be oiled, and bake in a moderate oven for about one hour.

Never try to take it out of the tin, but stand upside down until it drops of itself.



# Cake Fillings and Icings

## <sup>516</sup> CHOCOLATE FILLING

$\frac{1}{2}$ cup cream	$\frac{2}{3}$ cup sugar
1 tbsp. cornstarch	$\frac{1}{2}$ tsp. vanilla flavor
	$\frac{1}{2}$ cup grated chocolate

Mix all together, and when cornstarch is dissolved, put over the fire and cook, stirring all the time until it is thick. Do not boil longer than two minutes, and great care should be taken that the chocolate does not scorch.

Remove from the fire; beat in the vanilla, and when cool, spread between layers of cake.

## <sup>517</sup> BOILED ICING

2 cups sugar	$\frac{1}{3}$ cup water
2 egg whites	Vanilla or lemon flavor

Boil sugar and water together until it strings, or hardens when dropped in cold water; add flavor, and pour over the beaten egg whites, beating until cool; then spread on top of the cake.

To prevent the frosting from hardening, add one-half tsp. lemon juice to the sugar while boiling.

## <sup>518</sup> COCOANUT FILLING

$\frac{1}{2}$ cup cream	1 cup sugar
1 egg white	$\frac{1}{4}$ cup finely shredded or ground cocoanut

Mix the cream and sugar together, and cook until it threads; pour over the beaten egg whites, then stir in the cocoanut; beat until it begins to cool, then spread between and on top of layers of cake.

The top may or may not be sprinkled with shredded cocoanut, as preferred.

**<sup>519</sup> LEMON FILLING**

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup flour
2 eggs	$\frac{1}{2}$ cup boiling water
1 tbsp. butter	Juice and rind of 1 lemon

Beat the eggs separately; add sugar and a little salt to the yolks and the lemon juice to the whites. Thicken the boiling water with the flour until it is like a nice gravy; then fold in the beaten yolks and the whites, and use at once.

Cornstarch may be used instead of the flour.

**<sup>520</sup> CARAMEL FROSTING, NO. 1**

$\frac{3}{4}$ cup granulated sugar	3 tbsp. water
$\frac{3}{4}$ cup brown sugar	2 egg whites

Boil sugar and water together until it strings, or hardens when dropped in cold water; then pour quickly over the beaten egg whites.

Beat until cool, and spread between and on top of cake. This frosting has a maple flavor, and looks like rich cream.

**<sup>521</sup> CARAMEL FROSTING, NO. 2**

1 cup brown sugar	2 tsp. granulated sugar
$\frac{1}{2}$ cup cream	$\frac{1}{2}$ tsp. vanilla

Mix all together; put in a sauce pan over the fire and cook slowly until it hardens when dropped in cold water; flavor and spread on the cake.

**<sup>522</sup> CARAMEL FILLING**

2 cups brown sugar	$\frac{1}{2}$ cup molasses
1 tsp. butter	$\frac{1}{2}$ cup cream
1 tbsp. flour	2 tbsp. grated chocolate
2 tbsp. cold water	$\frac{1}{2}$ tsp. vanilla flavor

Mix well and boil five minutes, or until it is the consistency of rich custard, or gets hard when dropped in cold water.

When cool, flavor and spread between layers of cake, which should be baked as for jelly cake. Cover the top with the same, if desired, and set away to cool.

#### 523 CHOCOLATE FROSTING, NO. 1

3 egg whites	1½ cups sugar
1 tsp. vanilla	3 tbsp. vanilla flavor

Beat the eggs to a stiff froth, add the sugar, vanilla, and chocolate, which has been melted; then spread between layers of cake, also on top, if desired.

#### 524 CHOCOLATE FROSTING, NO. 2

½ cup cream or water	2 cups sugar
½ cup grated chocolate	½ tsp. vanilla flavor

Mix all together and boil until it hardens when dropped in cold water; add flavor, beat vigorously for a few minutes, then spread on top of cake.

#### 525 ORANGE FILLING

Make the same as lemon filling (No. 519), using orange juice and grated rind instead of lemons.

# Breads

Bread is the most important article of food, or, in other words, the "staff of life." Bread is made from flour of wheat and other cereals by the addition of water, salt, and a ferment. Wheat flour contains gluten in the right proportion to make a spongy loaf, and is therefore best adapted for bread making. Wheat flour differs from ordinary flour. It is the most nutritious, inasmuch as it contains all the gluten found in wheat.

In the making of yeast or raised bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread less wholesome. Milk bread does not keep sweet so long after baking as does that which is made with water, and it ferments more readily in the stomach.

Bread should be made light and sweet; not the least taint of sourness should be tolerated. The loaves should be small and thoroughly baked, that, so far as possible, the yeast germs shall be destroyed.

When bought or new raised bread of any kind, is difficult of digestion ("Ministry of Healing," p. 30).

## <sup>527</sup> YEAST

Yeast is a microscopic plant of fungous growth, and is the lowest form of vegetable life. It consists of germs floating in the air, of which there are many species.

These spores or germs multiply very rapidly under favorable conditions and produce fermentation. The temperature most favorable to its growth is from 65° to 90° F.

## <sup>528</sup> HOP YEAST

1 cup potatoes	$\frac{1}{2}$ cup hops or peach tree
$\frac{1}{2}$ cake compressed yeast	leaves

$\frac{1}{4}$ tbsp. salt	$\frac{1}{4}$ cup sugar
$1\frac{1}{2}$ pts. water, cornmeal, and flour	

Boil the potatoes in the water until done, pour off the water in a gallon jar, mash the potatoes and add. Boil the hops or peach tree leaves fifteen minutes, then pour this water in with the potatoes, add sugar and enough water to make  $1\frac{1}{2}$  pints. Let cool to lukewarm, then add the yeast, which has been previously soaked in a little lukewarm water; thicken with flour, like bread sponge, and set to rise. When risen, beat down, then when risen again, add salt and cornmeal to make a rather stiff dough.

Rub with the hands until it crumbs, or roll about one-third of an inch thick and cut in two-inch squares. Then spread on a cloth or paper and dry in the shade.

#### 529 WHITE BREAD

1 cake yeast foam or $\frac{1}{2}$ cake compressed yeast	$2\frac{1}{2}$ pts. warm water $2\frac{1}{2}$ tbsp. salt
2 tbsp. butter or oil	2 tbsp. sugar

Make a sponge by dissolving the yeast in one cup lukewarm water, add sugar, one quart warm water, and flour enough to make a rather stiff batter, stir hard for a few minutes, and set in a warm place to rise over night, or eight hours in daytime, if kept at a temperature of about 90° F.

In the morning, the sponge should be very light. Mix in the water, butter, and salt, and flour enough to make a soft dough and prevent the dough from sticking to the board. Knead thoroughly, and add flour until all stickiness is gone and the dough is very elastic. Set in a warm place to rise to twice its bulk (it should come up in about two hours). Knead down well, and let rise to twice its bulk. This time it will not take nearly so long; then form into loaves and place in oiled bread pans.

After each loaf has risen to double its size, place in a

moderate oven and bake from one to one and one-fourth hours. (Decrease the heat gradually to bake the loaf inside).

One cup less water may be used and potato water added instead, if it is desired to have it raise faster and have the bread more moist, but it will not make such good zwieback. If a closer texture is desired, let the dough rise oftener and knead thoroughly before forming into loaves.

The oven is hot enough to bake bread when it will brown (not burn) a spoonful of flour in one minute when thrown on its floor.

#### 530 WHOLE WHEAT BREAD

1 cake yeast foam	2½ tbsp. butter or oil
2 pts. warm water	4 tsp. salt
	2 tbsp. sugar

Make a sponge same as for white bread (No. 529); when light, mix into a dough, using one-half whole wheat flour. Make the dough a little stiffer than you would for white bread and proceed as for white bread.

#### 531 GRAHAM BREAD

1 cake yeast foam	2 tbsp. butter or oil
2 pts. warm water	2 tsp. salt
	2 tbsp. sugar

Make same as whole wheat bread (No. 530), using graham flour instead of whole wheat flour.

#### 532 RICE BREAD

Make a sponge as for white bread (No. 529); in the morning add two pints warm milk, two cups rice flour, mixed to a thin paste with cold milk, and boil four minutes like you would starch. This should be a little more than blood warm when it is stirred into the batter. Add flour to make a smooth dough, knead thoroughly, and treat like

white bread. This is nice and delicate for invalids, and keeps well.

If you can not procure the rice flour, boil two-thirds of a cup of rice to a thin paste, mashing and beating it smooth.

#### <sup>533</sup> BRAN BREAD

$\frac{1}{2}$ cake yeast foam	$\frac{1}{4}$ cup molasses
3 tbsp. butter or oil	1 pt. warm water
2 tsp. salt	2 cups bran

Make a sponge as for white bread (No. 529). When light, add water, molasses, butter, and salt; knead in white flour and bran to make a soft dough, let rise to double its bulk, knead down well, let rise again to double its bulk, knead again, and form into loaves and put in oiled tins; let rise until twice their size or very light, for it will not rise in the oven; then bake one hour and a half in a moderate oven.

#### <sup>534</sup> RAISED CORN BREAD

$\frac{1}{2}$ cake yeast foam	$1\frac{1}{2}$ cups cornmeal
2 cups warm water	2 tbsp. sugar
2 tbsp. butter or oil	2 tsp. salt

Make a sponge as for white bread (No. 529). When light, add water, salt, butter, sugar, cornmeal, and whole wheat flour enough to make a soft dough. Knead well; set in a warm place to rise until double its bulk; knead down well, add more flour if needed; let rise until very light or the size you wish the loaf to be when baked, for it will not rise in the oven. Bake in a moderately hot oven one and one-half hours.

#### <sup>535</sup> RYE BREAD

$\frac{1}{2}$ cake yeast foam	1 tsp. salt
1 cup warm water	$1\frac{1}{2}$ cups rye flour
1 tbsp. molasses	1 tbsp. butter or oil

Make a sponge as for white bread (No. 529). When light, add water, salt, molasses, and white flour enough to make a soft dough, being sure not to get it too stiff. Knead thoroughly, and set in a warm place to rise to double its bulk; knead well and let rise again; when light, knead again and form into loaves, and let rise to twice their size,—not less, for it will not rise in the oven. Bake in a moderately hot oven one and one-fourth hours.

#### **586 FRUIT BREAD**

Make same as white bread (No. 529), washing raisins, currants, or any other fruit clean and drying it, then mix into the dough.

This will rise slower and take longer to bake than white bread, on account of the fruit.

#### **587 BOSTON BROWN BREAD**

$\frac{1}{2}$ cake yeast foam	1 cup rye flour
$\frac{1}{2}$ cup cornmeal	2 tsp. salt
2 tbsp. butter or oil	1 pt. warm water
1 cup graham flour	1 cup molasses

Make a sponge as for white bread (No. 529). When light, add salt, butter, molasses, water, meal, and white flour enough to make a very stiff batter; put in brown bread tins and steam three hours, and dry off in the oven; or knead into a soft dough, let rise to double its bulk, then knead well; let rise and knead again, then form into loaves, let rise to twice their size or a little more, for it will not rise in the oven, and bake in a medium hot oven for one hour and forty minutes.

#### **588 STRAIGHT DOUGH BREAD**

$\frac{1}{2}$ cake yeast foam	1 tbsp. butter or oil
2 tsp. salt	2 tbsp. sugar
1 pt. lukewarm water	

Dissolve yeast in one-half cup warm water, add water and other ingredients, mix well, and add flour enough to make a rather stiff dough, knead twenty minutes. Let rise in a warm place over night, or about twelve hours; if compressed yeast is used, four hours. Form into loaves and bake one hour, after having risen to twice their size. Straight dough bread is made by mixing all the ingredients at one time. The bread is coarser in texture than bread made from sponge dough.

#### <sup>539</sup> FRENCH ROLLS

$\frac{1}{2}$ cake yeast foam	$2\frac{1}{2}$ tbsp. butter or oil
2 tbsp. sugar	1 egg
1 cup lukewarm water or milk	1 tsp. salt

Make a sponge as for white bread (No. 529); add sugar, water, egg, butter, and salt. Mix well and add flour to make a soft dough; knead well, set in a warm place to rise; when very light, add just enough flour to keep it from sticking to the board. Let rise again until very light. Roll out half an inch thick, brush with butter, sprinkle with sugar, then roll together and cut in about one-inch lengths. Set endwise in an oiled tin; put in a warm place to rise until about two and one-half times their original size, and bake in a moderately hot oven twenty minutes.

Glaze the top with egg white, milk, and sugar, beaten together, and dry in the oven.

#### <sup>540</sup> FRUIT ROLLS

Make the same as French rolls (No. 539); roll out half an inch thick, brush with butter, and spread with raisins or any other fruit desired; sprinkle with sugar, then roll together and cut in one and one-half inch lengths. Set in a warm place to rise until nearly three times their original size, and bake in a moderate oven thirty-five minutes. Glaze the top and dry in the oven.

**541 PARKER HOUSE ROLLS**

Make the same as French rolls (No. 539). Roll out about half an inch thick, shape with a biscuit cutter, brush each shape with melted butter, crease through the center, fold over, and press the edges together. Place in a buttered pan one inch apart and let rise until very light, or about three times their original size. Bake fifteen minutes in a hot oven. Brush the top with melted butter.

**542 GERMAN COFFEE CAKE**

$\frac{1}{2}$ cake yeast foam	1 tsp. salt
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup butter
1 egg	1 cup cream or milk, scalded and cooled

Make a sponge as for white bread (No. 529. When very light, mix all together and add flour enough to make a very soft dough. Put in an oiled pan, set in a warm place to rise until very light and spongy; rub the top with sugar dissolved in milk and sprinkle with dry sugar. Bake in a moderate oven for thirty minutes. Potato water may be used instead of cream or milk.

**543 RAISED DOUGHNUTS**

1 pt. yeast foam bread sponge	2 eggs, beaten very light 1 tsp. salt
1 cup melted butter	$\frac{1}{4}$ tsp. ground nutmeg, if desired.
1 cup sugar	

Mix all together, add flour to make a very soft dough; let rise to double its bulk. Knead down, then roll out and cut into shape; place in an oiled tin one inch apart. When very light, bake in a hot oven fifteen minutes. Brush the top with melted butter, or glaze over and sprinkle with powdered sugar.

**544 GERMAN APPLE CAKE**

1 cake yeast foam	$\frac{1}{2}$ cup sugar
1 cup scalded milk	3 tbsp. butter
2 eggs	1 tsp. salt

Make a sponge as for white bread (No. 529), using half potato water. When very light, add sugar, salt, butter, eggs, milk, and flour enough to make a very soft dough; knead thoroughly, put in a warm place to rise to double its bulk; knead and let rise again; when very light, roll out one inch thick and place in an oiled pan.

Pare and cut tart apples into rather thick slices and press them in on top of the cake, placing them rather close together; sprinkle with sugar, then cover with a cloth and set in a warm place to rise. When very light, bake in a moderate oven about forty-five minutes, so that the apples are baked at the same time the cake is done.

Glaze the top with egg white, milk, and sugar, beaten together, and dry in the oven.

**545 BREAD CAKE**

1 pint bread sponge	1 cup lukewarm milk
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup dried currants or dates
$\frac{1}{2}$ cup sugar	Pinch of salt

Mix these well together, add flour to make a thin dough. Let rise to double its bulk, then turn it out on a floured board and roll out an inch in thickness. Place in an oiled pan, cover, and let rise in a warm place to twice its original size, and when ready to place in the oven, brush the top with cold water, and bake in a moderate oven for forty-five minutes.

When done, have a thin paste made of cornstarch, sugar, and hot water, boiled together a few minutes. Brush the top with this and return to the oven a few minutes.

**546 BUNS**

$\frac{1}{2}$ cake yeast foam	1 tsp. salt
2 tbsp. sugar	1 cup lukewarm water
2 $\frac{1}{2}$ tbsp. butter or oil	

Make a sponge as for white bread (No. 529). When light, add sugar, salt, butter, and water. Mix well, then add flour enough to make a soft dough; knead well, set in a warm place to rise; when light, knead again. Add just flour enough to keep it from sticking to the board. Let rise until very light. Form into buns, one ounce each, place in an oiled pan one inch apart. When partly risen, press down, then let rise to three times their original size, and bake fifteen minutes in a brisk oven. Brush the tops with melted butter.

**547 VIENNA ROLLS**

$\frac{1}{2}$ cake yeast foam	1 pt. warm water
2 $\frac{1}{2}$ tsp. salt	4 tbsp. sugar
3 tbsp. butter or oil	

Make a sponge as for white bread (No. 529). When light, add water, salt, sugar, and butter. Mix well and knead in flour enough to make a medium soft dough. Let rise until double its bulk; knead well, and let rise until very light, then shape the same as small Vienna loaves, about six inches long. Place in a buttered pan one inch apart and let rise. When very light, nearly three times their original size, gash the tops diagonally three times; bake in a moderately hot oven twenty minutes. If desired, the rolls may be brushed with beaten eggs instead of gashing them.

**548 SALT RISING BREAD**

1 cup white cornmeal	1 pt. boiling water
$\frac{2}{3}$ tsp. salt	1 pt. lukewarm water
1 $\frac{1}{2}$ tbsp. sugar	

Put the cornmeal in a stone jar, add sugar and salt, and scald with the boiling water; then add the lukewarm water and beat in gradually enough white flour (warm it first in the oven) to make a medium thick batter. The jar must be perfectly clean and sweet; before using, scald it for a few minutes on the stove with boiling water. Also scald the spoon or beater each time before using.

Set the jar in a vessel of water at 115° F. Do not make it hot enough to scald. Put a cover over the top of it and keep it at the same temperature, where no draft will reach it, for about four hours, or until the sponge begins to foam; then stir in enough warm flour to make a thick batter, and let rise three hours, or until it is full of air bubbles and has doubled its bulk. Beat it down two or three times, and watch it closely, as it will rise very suddenly.

Pour the sponge in a warm bread pan; stir in warm flour a little at a time and knead lightly into a soft dough. Make into loaves and place in oiled bread pans. Keep in a very warm place until very light, or about three times their original size (about one hour), then bake in a moderately hot oven one hour or longer, according to the size of the loaves.

Graham or whole wheat flour can be used with the white flour, preferably one-fourth of the coarse flour.

The secret of success with this bread is good flour and keeping it warm during the entire process. This bread does not spoil during the hottest weather, and the older it is the better it becomes.

#### 549 GLUTEN BREAD

.1 cake yeast foam or $\frac{1}{2}$ oz. compressed yeast	3 qts. flour 1 cup warm water 1 tsp. salt
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Mix the three quarts flour with one and one-half pints water into a stiff dough and knead well; then soak in ice

cold water for three hours; then wash the dough with the hands in the water, changing the water until it remains clear. The dough will then be a rubber-like, glutinous mass.

Dissolve the yeast in the cup of water and stir in flour enough to make a rather stiff batter; when light, mix with the gluten just prepared, add salt and enough whole wheat or hard wheat flour to make a soft dough; knead twenty minutes, until perfectly smooth and elastic. Let rise to double its bulk; knead down and let rise half way, mold into loaves, prick with a fork (do not add any more flour). When risen to twice their size, bake in a medium hot oven one hour.

This bread is especially beneficial for diabetic patients, and can be made by any one when the gluten flour is not obtainable.

#### <sup>550</sup> GLUTEN BISCUIT OR STICKS

Prepare a dough and wash out the starch as for gluten bread (No. 549). Add just enough of the flour so that the dough can be rolled into thin sticks or cakes. Prick with a fork, place in a pan, and bake in a moderately hot oven until light and crisp and a rich dark brown color.

## Unfermented Breads

The most common home-made bread and the most objectionable is *hot biscuits*. In the process of bread-making, it is necessary to use something to make the bread light. If a dough should be made of flour and water, and baked, it would be difficult to masticate and hard to digest.

In yeast bread, the carbonic acid gas produced by the yeast cells makes it light. But this is quite a lengthy process, and it is sometimes necessary or convenient to use a shorter process.

A very common method is to use bicarbonate of soda and sour milk, or baking powder, to make the bread light. In either process, carbonic acid gas is produced by the decomposition of the bicarbonate of soda with the lactic acid of the sour milk, or by the tartaric acid of the baking powder.

When sour milk is used, it is impossible to know just how acid the milk is, and just how much soda will be required to neutralize it.

Too much soda is generally used, which can be tasted in the bread. It makes the bread yellow and injures the delicate lining of the stomach and digestive tract.

When baking powder is used, the two chemicals, bicarbonate of soda and tartaric acid, being present in just the right proportions, no soda is left in the bread. But the two chemicals do not neutralize each other in any such way as to destroy each other, and there is left in the bread a substance identical with the *Rochelle salts* sold at the drugstore.

When two teaspoonfuls of baking powder are used to a quart of flour, it leaves in the bread *one hundred sixty-five grains of Rochelle salts*; that is, forty-five grains more than the amount in a Seidlitz powder. The high-priced baking powders leave in the food Rochelle salts.

From a pound of the powder is left in the food about three-fourths of a pound of this drug. (See "Encyclopedia Britannica," Vol. XXIII, p. 69.) The distinguished authority, Prof. H. W. Wiley, chemist of the U. S. Department of Agriculture, states that a loaf of bread made with a baking powder of the class which sells for 40 to 50 cents a pound, contains *250 grains of Rochelle Salts*, the equivalent of two Seidlitz powders. (See U. S. Department of Agriculture, Bulletin No. 15, Food and Adulterations.)

This is a serious objection, as the people who pay 40 to 50 cents a pound for purity would not knowingly put such a *purgative drug* into their *food* in such doses.

This foreign substance has no nutritive value, and when taken into the body must be thrown off by the excretory organs, thus putting extra work upon them.

It has been demonstrated that the chemicals found in baking powder retard digestion. Bread thus made can not be called pure. While it may sometimes be necessary to take a dose of salts, the daily swallowing of this substance in our bread can not be conducive to good health.

We may be glad that it is not necessary to use these chemicals in order to make light, pure, and wholesome bread.

Air is the cheapest gas there is, and it has the advantage of being free; and if we can incorporate some of it into our dough or batter before baking, it will do for us what the chemicals do in the common process, and leaves no objectionable results.

Air may be incorporated into a batter by beating. The use of eggs will aid in the process, because the whites of the eggs, on account of their viscous nature, readily catch air, and will help convey it into the batter.

While the beating process might seem long and difficult at first, it is really very simple, as may be seen by the following recipes.

## 552 GRAHAM GEMS

2 eggs	1 cup graham flour
1 cup milk	$\frac{1}{2}$ cup white flour
1 tsp. flour	$\frac{1}{4}$ tsp. salt

Beat the eggs well, add milk, sugar, and salt, then stir in the flour; beat with a wire egg-beater until very light and full of air bubbles, then put in very hot gem irons, which have been oiled, and bake in a hot oven thirty minutes.

In making gems or puffs, the batter should be stiff enough so that it will begin to pile up when lifting up with a spoon.

## 553 WHOLE WHEAT PUFFS

1 cup milk	1 cup whole wheat flour
2 eggs	$\frac{1}{4}$ tsp. salt
	$\frac{2}{3}$ cup white flour

Make the same as graham gems (No. 552), using whole wheat flour.

## 554 CORN GEMS

1 cup milk	$\frac{2}{3}$ cup white flour
1 egg	$\frac{1}{2}$ cup cornmeal
1 tbsp. sugar	$\frac{1}{4}$ tsp. salt

Make the same as graham gems (No. 552), using corn-meal instead of graham flour.

## 555 GLUTEN PUFFS

1 cup milk	$\frac{2}{3}$ cup white flour
2 eggs	1 cup gluten flour
	$\frac{1}{4}$ tsp. salt

Make the same as graham gems (No. 552), using gluten flour instead of graham flour.

**556 RICE FLOUR GEMS**

1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ tsp. sugar	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ cup rice flour, scant measure	

Make the same as graham gems (No. 552), using rice flour instead of graham. Bake twenty minutes.

**557 CHOCOLATE PUFFS**

2 eggs	1 tbsp. powdered chocolate
1 cup milk	1 tbsp. sugar
$\frac{1}{4}$ tsp. salt	1½ cups flour

Make the same as graham gems (No. 552), adding the chocolate last, to prevent falling, and bake from twenty to forty minutes.

**558 CURRANT PUFFS**

1 egg	$\frac{1}{4}$ cup currants
1 cup milk	$\frac{1}{4}$ tsp. salt
	1½ cups flour

Make the same as graham gems (No. 552), adding currants last, which should be rolled in flour first, to prevent sinking to the bottom, and mix in evenly. Bake twenty to thirty minutes.

**559 POP-OVERS**

2 eggs	1 pt. flour
1 cup milk	$\frac{1}{2}$ tsp. salt

Make the same as graham gems (No. 552). Bake in a quick oven twenty minutes.

**560 BRAN GEMS**

1 cup milk	1 tsp. molasses
1 egg	$\frac{1}{4}$ tsp. salt
1 cup bran	1 cup flour

Beat the eggs well, add milk, molasses, and salt; stir in the bran, and flour enough to make a stiff batter.

Beat until very light and full of air bubbles. Put in very hot and oiled gem irons. Bake forty-five minutes in a medium hot oven.

#### <sup>561</sup> BREAKFAST FRUIT GEMS

2 eggs	1½ cups milk
½ cup cornmeal	½ cup whole wheat flour
Pinch of salt	½ cup white flour
½ cup seeded raisins	½ cup chopped dates

Beat the egg yolks until light, add milk, salt, flour, and cornmeal; beat well, then add the fruit, and, last, fold in the well-beaten whites. Put in very hot gem irons, and bake in a quick oven twenty minutes.

#### <sup>562</sup> HOE CAKES, NO. 1

1 cup cornmeal	2 eggs
2 tbsp. flour	½ cup cream
1 tbsp. sugar	½ tbsp. salt

Mix the cornmeal and flour together and brown in the oven, then add the cream, sugar, and salt, and beat until cold. Beat the egg yolks and stir in, and, last, fold in the stiffly beaten whites.

Put out in spoonfuls in hot tins, slightly oiled, and bake twenty minutes.

#### <sup>563</sup> CREAM STICKS

2 cups flour	¼ tsp. salt
	½ cup cream

Mix flour and salt together, then pour the cream into the flour, a little at a time; mix with a fork, form small particles of dough until the flour is all used up; put on a floured board, and knead carefully, taking pains to stretch

the dough, to make the gluten elastic, and fold in air with which to make them light.

When the dough snaps well in pulling it apart, roll out about one-third of an inch thick, cut into sticks one-third of an inch wide and three inches long.

Bake on a perforated tin about twenty or thirty minutes in a moderately hot oven. The sticks should be thoroughly dried out, and a delicate brown when done.

#### <sup>564</sup> FRUIT CRACKERS

$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup butter
3 cups white flour	1 cup cream
$\frac{2}{3}$ cup currants or raisins	

Mix, knead lightly, and divide the dough into halves. Roll each part a little thicker than pie crust, cover one piece with the fruit, then place the other piece of dough over this, and roll to about half the thickness; cut into squares, prick each piece with a fork, and bake in a moderate oven a nice delicate brown.

#### <sup>565</sup> FIG CRACKERS

$\frac{1}{2}$ cup butter	2 cups flour
1 cup cream	$\frac{1}{3}$ tsp. salt
1 cup fig marmalade	

Sift the flour and thoroughly work into it the butter and salt; rub with the hands until perfectly smooth; moisten with the cream, handling as little as possible and without kneading.

Roll out and finish as for fruit crackers (No. 564).

#### <sup>566</sup> CREAM PUFFS

$\frac{1}{4}$ cup butter	1 cup warm water
4 eggs	1 tbsp. sugar
1 cup flour	Pinch of salt

Stir the butter into the water, when it boils, add sugar, salt, and flour, and cook one minute, stirring constantly. Beat the eggs light, yolks and whites separately, and whip into the cooked paste, the whites last, which should be beaten to a stiff froth, until the mixture is perfectly smooth.

Drop in spoonfuls in a buttered pan. Bake thirty minutes in a quick oven, until they are of a golden brown; cool the oven down towards the last.

When cool, open one side and fill with whipped cream, then close them again and serve.

#### <sup>567</sup> BOSTON CREAM CAKES

Make the same as cream puffs (No. 566), and use the following filling instead of whipped cream:—

1 cup milk	$\frac{1}{2}$ tsp. butter
1 egg	1 tbsp. cornstarch
$\frac{1}{2}$ cup sugar	Vanilla flavor

Heat the milk in a double boiler; thicken with the cornstarch, and cook ten minutes; add sugar, egg, and salt. Cook a few minutes longer, flavor, mix well, and set away to cool; then open one side and fill with the mixture, close again and serve.

#### <sup>568</sup> GRANOSE DROP CAKES

5 eggs	$\frac{1}{2}$ cup sugar
1 tsp. lemon juice	$\frac{1}{4}$ cup hot water
3 cups granose flakes	$\frac{1}{8}$ tsp. salt

Separate the eggs; beat the yolks until quite light, add the water and lemon juice and sugar; beat until very light and thick; add salt, and fold in the flakes; then fold in the whites, beaten to a stiff froth, making as few strokes as possible.

Put out in spoonfuls on an oiled tin, and bake in a hot oven until brown. Any other kind of flakes may be used.

**569 CORN DROP CAKES**

4 cups corn flakes	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ tsp. lemon flavor	4 eggs
1 tbsp. hot water	Pinch of salt

Make the same as granose drop cakes (No. 568), using cornflakes, which will make a much lighter drop cake.

**570 RICE CUP CAKES**

4 eggs	1 tbsp. lemon juice
$\frac{1}{2}$ cup rice flour	1 cup sugar
$\frac{1}{2}$ cup white flour	Pinch of salt

Separate the eggs, beat the yolks ten minutes; then add sugar and beat again; add salt and lemon juice to the whites and beat until crumbly; then fold into the yolk mixture; also fold in the rice flour and white flour, sifted.

Bake in gem irons or patty pans in a moderate oven thirty-five minutes.

**571 FRUIT AND NUT DROP CAKES**

3 eggs	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup finely chopped nuts	$\frac{1}{2}$ tbsp. lemon juice
$\frac{3}{4}$ cup raisins or currants	Pinch of salt
2 $\frac{1}{2}$ cups white flour	

Make the same as granose drop cakes (No. 568), adding the nuts and fruit last. The fruit should be rolled in flour before adding.

If half flakes are used instead of all flour, the cakes will be much lighter.

**572 CORN CAKES**

2 cups cornmeal	$\frac{3}{4}$ cup white flour
2 eggs	$1\frac{3}{4}$ cups cream or milk
$\frac{1}{3}$ tsp. salt	1 tbsp. sugar

Mix the cornmeal, flour, sugar, and salt together; add the milk and mix well; then put in the well-beaten eggs; beat about five minutes, or until light and full of air bubbles.

Spread out in an oiled tin and bake in a moderate oven. Finely chopped nuts or peanut meal may be added if desired.

#### 578 HOE CAKES, NO. 2

2 cups cornmeal	$\frac{2}{3}$ cup white flour
2 eggs	1 tbsp. sugar
$\frac{1}{2}$ tbsp. salt	$1\frac{2}{3}$ cups milk

Mix cornmeal, salt, flour, and sugar together, then heat the milk to boiling, and pour over it.

Beat the eggs until light and mix into the batter; put out in spoonfuls in an oiled tin, and bake in a hot oven from thirty to forty minutes.



## Cereals

Grains are the most nutritious and a perfect food in themselves, as they approach more closely than other foods to the proper standard of proportion of food elements and if properly prepared and masticated are easily digested.

The grains are all similar in composition, varying in the relative amounts of the various elements, such as gluten, albumen, casein, and fibrin, together with starch, which is converted into dextrin or sugar, and fatty matter; also mineral elements and cellulose.

### 575 RULES FOR COOKING CEREALS

In cooking grains, measure both liquid and grains accurately with the same measure. They should be introduced into rapidly boiling salted water, adding slowly, so as not to stop the water from boiling, beating with a batter whip, so that the grains may be thoroughly mixed with the water and free from lumps.

In cooking coarse grains, such as cracked wheat, pearl barley, hulled wheat, or hominy, keep them boiling rapidly, stirring occasionally until it thickens or the grain does not sink to the bottom, but hangs suspended in the water. This should now be set in the outer part of a double boiler (the water in which should be boiling), which is far preferable and requires but little attention, except to keep the outer boiler filled and the water boiling.

The object in starting the grains in boiling water is to more completely break up the indigestible outer portion, or cellulose, thus causing the starch granules to be more thoroughly acted upon by the water, and causing the starch and the gluten to be cooked as thoroughly as possible.

Grains cooked in a double boiler will need no stirring at all after being set, and can be made to retain their original form (especially rolled oats and the flaky foods), which makes them appetizing and attractive. Stirring will make the food pasty and destroys its appearance.

Many people think grains can be cooked in fifteen or twenty minutes. This is a serious mistake and has ruined many a stomach.

Grains consist largely of starch cells, which are enclosed in a tough, fibrous coat, which the saliva or gastric juice does not affect.

Prolonged cooking causes the starch in the cells to expand and burst the cells; then it can be acted upon by the saliva, which changes it to dextrin.

Grains combine nicely with fruit, and may be served with fruit juice, or cream or sugar, separately. Milk or cream and sugar combined is very injurious, because it very readily ferments and causes a sour stomach.

**576 COMPOSITION OF CEREALS AS GIVEN BY  
THE DEPARTMENT OF AGRICULTURE,  
WASHINGTON, D. C.**

	Proteid.	Fat	Starch.	Minerals.	water.
Oatmeal	15.6	7.3	68.0	1.9	7.2
Cornmeal	8.9	2.2	75.1	.9	12.9
Spring wheat flour	11.8	1.1	75.0	.5	11.6
Winter wheat flour	10.4	1.0	75.6	.5	12.5
Whole wheat flour	14.2	1.9	70.6	1.2	12.1
Graham flour	13.7	2.2	70.3	2.0	11.8
Pearl Barley	9.3	1.0	77.6	1.3	10.8
Rye meal	7.1	.9	78.5	.8	12.7
Rice	7.8	.4	79.4	.4	12.4
Buckwheat flour	6.1	1.0	77.2	1.4	14.3
Macaroni	11.7	1.6	72.9	5.0	

**577** Macaroni is a valuable food. It is very cheap and nutritious, but is deficient in fat; therefore it should be

combined with foods that are rich in fats or oils. Macaroni, spaghetti, and vermicelli are made from wheat flour rich in gluten.—W. O. Atwater, Ph.D.

#### <sup>578</sup> ROLLED OATS

4 cups water	1½ cups rolled oats
	½ tsp. salt

Heat the water to boiling, then add the rolled oats, stirring as little as possible, so as not to break it up.

Cook until it begins to thicken, then set in a double boiler and cook from three to six hours. Add salt to the water.

#### <sup>579</sup> ROLLED WHEAT

2½ cups water	1 cup rolled wheat
	½ tsp. salt

Cook the same as rolled oats (No. 578).

#### <sup>580</sup> CREAM OF WHEAT

4 cups water	½ tsp. salt
	1 cup cream of wheat

Heat the water to boiling, add salt, then stir in the cream of wheat; cook until it begins to thicken, stirring all the while; and finish cooking in a double boiler from three to five hours.

#### <sup>581</sup> FARINA

4½ cups water	1 tsp. salt
	1 cup farina

Cook the same as cream of wheat (No. 580).

#### <sup>582</sup> RICE—ITS VALUE AND ADULTERATION

Rice is believed to sustain a larger portion of the human race than any other substance used for food, not even excepting wheat, maize, or any other cereal. It is also the

most easily digested of the cereals, and where it is made the principal food and chief support, indigestion and its horrors of mental depression and suicidal tendencies are almost unknown.

The Japanese use unpolished rice, for they do not use rice subjected to adulteration, nor is it stripped by polishing off its most nourishing portion. And this is why unpolished rice is the most desirable form of rice obtainable.

The rice of commerce, in this and other countries, is made attractive to the buyer by coating it with glucose and talc to produce the pearly appearance. Thanks to the operation of our pure food laws, those who sell rice in packages are obliged to place on the outside the fact of its adulteration.

We find printed on one of the packages containing polished rice the following: "This rice is coated with glucose and talc. Remove by washing in cold water."

Talc is a mineral which when powdered is extensively used as a lubricator, and in solid slabs as hearthstones, etc. It is the essential ingredient of baby powders. And the glucose is made commercially by treating starch with diluted sulphuric acid.

But rice is not all sold in packages, but is usually sold in bulk.

This shows the necessity of being careful in selecting rice.

The instruction on the package to wash the rice is good advice. Persons using such rice should be careful to wash it thoroughly. In some instances it is necessary to wash it four times, or until the water remains clear.

#### 583 CREAMY RICE

1 cup rice   1 tsp. salt

1½ qts. milk or cream

Wash the rice as for steamed rice (No. 593), and cook

in a double boiler until tender and it thickens; but do not stir it while cooking, so as to have each grain whole.

Time: One and one-fourth hours.

#### **584 SPANISH RICE**

1 pt. rice	1 small onion
1 tsp. salt	2 tbsp. tomato juice
2 tbsp. cooking oil or butter	

Chop the onion fine, put in an oiled pan, and braize on top of the stove until a light brown, but not scorched; then add the rice, oil, and salt, cover with hot water, and cook until nearly done; then add the tomato juice and more water as it cooks away; now put in the oven to finish.

It should be of a reddish brown color when done, and each grain separate.

#### **585 BOILED RICE**

1 pt. rice	4 qts. water
1 tsp. salt	

Have the water foaming boiling hot, then add the salt and rice, which has been well washed as in first recipe (No. 583), and cook rapidly for twenty minutes.

Drain in a colander and pour over the rice about a quart of cold water; return to the sauce pan, add a little more salt and water or cream, and set away on the stove or in the oven a few minutes.

Rice is done when it can be mashed between the fingers.

#### **586 MALTED RICE**

1 pt. boiling water	$\frac{1}{2}$ cup malted nuts
$\frac{1}{3}$ cup rice	$\frac{1}{2}$ tsp. salt

Heat the water to boiling, then stir in the malted nuts, and boil a few minutes. Add the salt and rice, set in a double boiler, and cook for two hours.

**587 RICE A LA GEORGIENE**

Cook the same as boiled rice (No. 585); pour a pint of cream over it, and brown in the oven. A few minutes before it is done, spread the top with a little melted butter, and brown.

**588 BAKED RICE**

Cook the same as boiled rice (No. 585); put in a pan, moisten with milk and butter, and bake thirty minutes in the oven.

**589 BAKED CORNMEAL MUSH**

Slice cold cooked cornmeal mush into rather thin slices, roll in beaten egg and toasted bread crumbs or granose flakes; place in an oiled pan, moisten the top with butter or cream, and bake in a hot oven until well heated through and nicely browned. Serve with meltose or maple syrup.

Farina, vitos, and cream of wheat may be prepared and served in the same way as cornmeal mush.

**590 GRAHAM PORRIDGE**

3 cups water	1 tsp. salt
1 cup graham flour	

Heat the water to boiling, add salt, stir in the flour, and beat with a wire beater until perfectly smooth; set in a double boiler and cook from eight to twelve hours.

About half an hour before serving, stir in one-half cup of dates, washed and seeded, if desired.

**591 GLUTEN MUSH**

Heat a cup of water to boiling; sift in lightly with the fingers, stirring constantly meanwhile, enough 20 per cent gluten meal to make a mush of the desired consistency. Boil up once, salt to taste, and serve hot.

**592 POTATO PORRIDGE**

1 pt. water	$\frac{1}{2}$ cup tomato juice
1 $\frac{1}{3}$ tsp. salt	1 $\frac{1}{3}$ cups potato meal
1 tsp. butter or cocoanut oil	

Heat the water to boiling, add hot tomato juice, then stir in the potato meal, and cook about fifteen minutes. Season and serve hot.

**593 STEAMED RICE**

2 $\frac{1}{2}$ cups water	1 cup rice
1 tsp. salt	

Wash the rice thoroughly, rubbing it between the hands until perfectly clean and the water is clear and does not have a milky appearance, then add water and salt; cook in a steam cooker until tender, which takes about forty minutes.

If a steam cooker is not available, set the dish with the rice in a pan of hot water with a cover over the top, and cook in the oven until done.

**594 BROWNED RICE**

2 $\frac{3}{4}$ cups cold water	$\frac{2}{3}$ tsp. salt
1 cup browned rice (No. 884)	

Wash the rice thoroughly until clean, and cook as directed in recipe No. 593.

**595 VITOS**

1 $\frac{1}{2}$ qts. water	1 tsp. salt
1 cup vitos	

Cook the same as cream of wheat (No. 580). Cook from four to six hours.

**596 CRACKED WHEAT**

4 cups water	1 tsp. salt
1 $\frac{1}{2}$ cups cracked wheat	

Heat the water to boiling, add salt and the cracked wheat; boil rapidly until the grains do not sing to the bottom, but hang suspended in the water; then place in a double boiler and cook from six to eight hours.

#### <sup>597</sup> HULLED WHEAT

1½ qts. water	1 tsp. salt
	1 cup hulled wheat

Cook the same as cracked wheat (No. 596). Cook for twelve hours.

#### <sup>598</sup> PEARL BARLEY

1½ qts. water	1½ tsp. salt
	1 cup pearl barley

Cook the same as cracked wheat (No. 596). Be sure to have the water boiling when adding barley, or it will be of a dark color; cook for twelve hours.

#### <sup>599</sup> RALSTON BREAKFAST FOOD

3 cups water	½ tsp. salt
	1 cup Ralston breakfast food

Cook the same as cream of wheat (No. 580).

#### <sup>600</sup> WHEAT GRITS

3 cups water	1 tsp. salt
	1 cup wheat grits

Cook the same as cream of wheat (No. 580). Cook from six to ten hours.

#### <sup>601</sup> CORNMEAL MUSH

5 cups water	1½ tsp. salt
	1 cup cornmeal

Be sure to have the water boiling hot; add salt, then stir in the cornmeal, and cook until it begins to thicken;

then place in a double boiler and cook from eight to twelve hours.

#### <sup>602</sup> HULLED CORN OR HOMINY

Wash the hominy in cold water, then put on to cook in boiling water in a double boiler or steam cooker, and cook ten to twelve hours, when it should be thoroughly tender. Season with cream and butter and salt to taste. It is also very good made with cream sauce (No. 713), instead of adding cream.

#### <sup>603</sup> CRACKED HOMINY

Wash the cracked hominy if necessary, then put on to cook in a double boiler or steam cooker and cook eight to ten hours. Season and serve the same as hulled corn (No. 602).

#### <sup>604</sup> HOMINY FLAKES

1 qt. water

1 cup hominy flakes

1 tsp. salt

Heat the water to boiling and add the salt, then put in the hominy flakes and cook three to five hours in a double boiler. Serve as a cereal or vegetable.

# Eggs

## <sup>605</sup> COMPOSITION OF EGGS

Proteid	14.9 %	Mineral matter	1.0 %
Fat	10.6 %	Water	73.5 %

Eggs, like milk, form a typical food, inasmuch as they contain all the elements in the right proportion necessary for the support of the body. Their highly concentrated nutritive value makes it necessary to use them in combination with other foods rich in starch, such as potatoes, bread, etc.

A certain amount of bulk must be furnished in order that the stomach may have enough to act upon.

A pound of eggs is equivalent in nutritive value to a pound of beef. Eggs are rich in proteid, and therefore serve as a valuable substitute for meat.

White of egg contains albumen in its purest form. Albu-  
men coagulates at a temperature of from 145° to 165° F.

We can therefore see the importance of cooking eggs at a low temperature, to render them easy of digestion. Eggs cooked in boiling water are tough and leathery, difficult of digestion, and should never be served.

## <sup>606</sup> POACHED OR DROPPED EGGS.

Put a pint of water in a sauce pan on the fire to boil gently, adding a pinch of salt; now pull back where it will not boil, and keep just a little below the boiling point, and enough to cover the eggs well; break the eggs one at a time into the dish, being careful not to break the yolks, and drop them carefully into the hot water, with the smooth side of the yolk on top.

Let stand a few minutes, until the white is firm, but not hard, and the yolk is covered with a film of white.

Remove one at a time with a skimmer, let the water drain off, and serve at once.

#### **607 POACHED EGGS ON TOAST**

Cook the same as poached eggs (No. 606), and serve on a nice piece of well toasted bread, moistened with a little hot water or cream, and a little butter spread on it if desired.

#### **608 SHIRRED EGGS**

Butter the inside of a deep plate, and break into it as many eggs as will cover the bottom; shake a littl salt over them, place small pieces of butter over the top; put in a moderate oven for five minutes, or until the whites are set. Serve hot.

#### **609 SCRAMBLED EGGS**

Oil a pan, put into it as many eggs as it will hold separately, that each yolk may be entire. When the whites have become slightly hard, stir from the bottom of the pan until done. The yolks should be separate from the whites, although stirred together.

#### **610 HARD BOILED EGGS**

The usual method of preparing hard-boiled eggs is to drop them into boiling water, and boil or simmer from five to fifteen minutes, which causes the white of the egg to become hardened, tough, and leathery, and very difficult of digestion; and leaves the yolk soft or rather sticky, which, if cooked at all, is easiest digested when dry and mealy.

The most accurate method is to put the eggs into water of a temperature of from 150° to 160° F., allowing them to remain for one and a half or two hours.

If it is desired to have the yolk dry and mealy, the temperature of the water must be less, and the time of cooking lengthened; and if it is desired to have the yolk soft, lessen the time of cooking and increase the temperature.

Eggs are also very nice cooked by putting them into cold water, heating up to a little below the boiling point, and allowed to cook from thirty minutes to one hour.

When the eggs are cooked, place a moment in cold water to loosen the shell and prevent the whites becoming discolored.

It should be remembered that the time necessary to cook eggs in the shell will vary somewhat with the firmness of the shell, the size of the eggs, and the number cooked together.

#### **611 EGGS A LA MARTIN**

Dust the bottom of a baking pan lightly with flakes or toasted bread crumbs; break in the eggs, being careful to keep each one whole and not allowing them to touch each other.

Sprinkle more flakes over the eggs, and cover with cream sauce (No. 713); set in the oven about ten minutes, or until the whites are set.

Serve with parsley sauce, if desired.

#### **612 BAKED EGGS**

Break the number of eggs wanted in a dish, sprinkle with salt; half-way cover with milk or cream, put in a moderate oven, and bake until the whites are set.

#### **613 CREAM EGG OMELET**

Take two eggs and beat them up until very light, add one tablespoon of milk or cream and season slightly with salt. Put into an omelet pan or iron spider, sufficiently buttered to prevent sticking.

Cook rather quickly on a clear and steady fire, being careful not to let it burn; carefully lift the edges while cooking with a broadbladed knife that it may be equally cooked, then double one part over the other so as to meet in the center, turn bottom side up on a platter, and serve at once. The eggs may be separated and whites added last if desired to have it very light.

#### <sup>614</sup> PLAIN EGG OMELET

Separate two eggs, beat up very light, then mix together and salt slightly. Cook the same as cream omelet (No. 613).

#### <sup>615</sup> JELLY OMELET

Prepare the same as for plain omelet (No. 614), spreading any kind of jelly or marmalade over one-half before folding it up; add a sprinkle of salt if desired, and serve hot.

#### <sup>616</sup> OMELET WITH TOMATO

Prepare the same as for plain omelet (No. 614); chop some nice fresh tomatoes quite fine, spread over one-half before folding it up, add a sprinkle of salt, and serve hot.

Most any other vegetables, such as peas, beans, onions, etc., may be used instead of tomatoes.

#### <sup>617</sup> FLOATED EGGS

Separate the white from the yolk; drop the yolk into hot salted water, and cook until stiff and firm; drop the stiffly beaten white into scalding water, being careful not to break it; cook one minute, turning over meanwhile to cook both sides.

Remove with a skimmer, put in a saucer, and place the hard-boiled yolk in the center.

**618 SPANISH EGGS, NO. 1**

1 cup rice	1 qt. boiling milk
$\frac{1}{2}$ tsp. salt	2 tbsp. butter
6 hard-boiled eggs	

Wash the rice, put in a sauce pan with the milk and salt; boil until done, drain in a colander, and put in a basin; mix in the butter and spread evenly on a dish.

Cut the eggs into slices, arrange on the rice, and serve.

**619 SPANISH EGGS, NO. 2**

6 eggs	3 tbsp. tomato juice
A small pinch of sage	Salt to taste

Beat the eggs well, put in a double boiler, add the tomato juice and seasoning, and cook until the consistency of custard, and serve hot, plain or on toast.

**620 SOFT BOILED EGGS, NO. 1**

Eggs covered with boiling water and allowed to stand (not on the fire) for five minutes (well covered) are more nourishing and easier digested than eggs placed in boiling water and allowed to boil furiously for three and a half minutes.

Eggs may be cooked by placing them in cold water and allowing the water to heat gradually until the boiling point is reached, when they will be soft boiled.

**621 SOFT BOILED EGGS, NO. 2**

Put some eggs in a dish and cover with boiling water (be sure that the water is boiling in the kettle, and it will be from 160° to 175° F. when reaching the eggs); cover well and let stand from ten to thirty minutes, or longer if need be, according to the firmness of the shell and the number of eggs to be cooked together.

Cut the shell with a knife and drop in an egg glass and serve.

They should drop easily out of the shell when opened, the yolks being cooked just as hard as the whites. Albumen, of which the white is composed, is easiest digested when cooked at a temperature of 160° F.

If it is desired to have the yolk harder and the white soft, the temperature must be less and the time of cooking lengthened; and if it is desired to have the yolk softer and the white harder, increase the temperature and lessen the time of cooking.

#### 622 MEDIUM BOILED EGGS

If desired to have the white set, and the yolk soft, three minutes; but if the outer edges of the yolk are to be a little hardened, boil four and a half minutes. The water should be boiling when the eggs are dropped in.

The best way is to keep the water a little below the boiling temperature, and leave the eggs in for fifteen minutes, when the yolks will be about as hard as the whites.



# Salads

Salad well prepared is a charming compound. All green vegetables that are eaten raw and dressed with oil, salt, or a good salad dressing are very attractive, wholesome, and agreeable; poorly prepared, is an abomination.

Almost any variety of salads may be made by combining different kinds of vegetables, or fruits, or nuts. Most cooked vegetables intended for salads are moistened with a French dressing and allowed to stand in a cold place for a time.

There are a large number of salad dressings, but the ones most generally used are mayonnaise and French dressings for the vegetable salads, and fruit dressings or the golden salad dressing for the fruit salads.

To salad dressings one must give the utmost care and attention, for upon their excellence the success of the dish principally depends.

For garnishing salads, lettuce, parsley, or water-cress are usually used. These may be arranged in various ways, and afford ample opportunity for the display of artistic taste.

## 624 POTATO AND EGG SALAD

6 medium sized potatoes	3 hard-boiled eggs
1 small onion, grated	Salt to taste
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ cup mayonnaise dressing
3 hard boiled eggs	No. 663

Cook the potatoes, pare and cut in small pieces, or cubes; add eggs, chopped or put through a colander; add salt, celery, and onion.

Mix this with the mayonnaise dressing, and garnish with lettuce or parsley.

**625 APPLE AND CELERY SALAD**

1 cup apples	1 cup celery
$\frac{1}{4}$ cup golden salad dressing (No. 665) or fruit sauce	

Cut the apples into small cubes, and chop the celery; then add the dressing. Serve on a lettuce leaf and garnish with parsley.

**626 DATE AND WALNUT SALAD**

2 cups dates	1 cup walnuts
$\frac{1}{2}$ cup French dressing or white salad dressing (No. 667)	

Take nice dates, wash them, and remove the seeds. Then place about one-fourth of a shelled walnut inside of each date, close up, and cut into small pieces crosswise; then roll in powdered sugar and serve on a lettuce leaf, and pour over them the salad dressing.

**627 FRUIT SALAD**

1 cup apples	$\frac{1}{2}$ cup pineapples
1 cup bananas	$\frac{1}{3}$ cup celery
$\frac{1}{2}$ cup oranges	$\frac{3}{4}$ cup golden salad dressing (No. 665)

Cut the fruit all into small pieces about half an inch, and chop the celery fine. Put all together, and pour over it the salad dressing, and mix well.

Serve on a lettuce leaf or garnish with parsley. Cherries, currants, strawberries, or nuts may be added, if desired, and some of the other fruits omitted.

Admost numberless varieties of salads may be made by combining different kinds of fruits and served with lemon, orange, or fruit dressings, as may be preferred.

**<sup>628</sup> APPLE AND NUT SALAD**

1 cup chopped apples	1 cup chopped nuts
$\frac{1}{4}$ cup golden salad dressing (No. 665)	

Mix apples and nuts together, pour over them the dressing, and mix lightly. Serve on a lettuce leaf or garnish with parsley.

**<sup>629</sup> CELERY AND NUT SALAD**

1 pt. chopped celery	$\frac{1}{2}$ cup chopped nuts
	1 cup golden salad dressing (No. 665)

Arrange on a salad dish or lettuce leaf, and garnish with parsley.

The dressing may be mixed in with the salad, if preferred.

**<sup>630</sup> RADISH SALAD**

4 radishes	1 tbsp. salad oil
1 cucumber	1 tbsp. lemon juice

A little chopped parsley

Scrape well the radishes, cut them into thin slices, and put in a salad dish. Peel and slice the cucumber, and put in with the radishes.

Mix together the lemon juice and oil, pour over the salad, add salt to taste, then sprinkle over it the chopped parsley, and serve on a lettuce leaf or garnish with watercress.

**<sup>631</sup> RADISH AND ONION SALAD**

4 radishes	1 young onion
$\frac{1}{4}$ tsp. salt	2 tbsp. sour salad dressing (No. 671)

Wash and scrape the radishes, cut into very thin slices, and put in a salad bowl. Slice the onion and put in with the radishes; add salt, then mix in the salad dressing.

Serve on a lettuce leaf or garnish with parsley.

**632 PEA AND ONION SALAD**

1 cup stewed peas	1 cup chopped onions
$\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup sour salad dressing (No. 671)

Let the peas drain, then chop the onions, add to the peas, and mix well. Set in a cold place; when ready to serve, add salt, and pour over it the dressing.

Mix well and serve on a lettuce leaf, or garnish with parsley.

**633 ASPARAGUS SALAD. GERMAN STYLE**

1½ pts. boiled asparagus	$\frac{1}{2}$ tbsp. lemon juice
3 hard-boiled eggs	$\frac{1}{2}$ tsp. salad oil

Place the asparagus in a basin, and season with salt. Put the eggs through a colander, add the oil, lemon juice, and beat up to the consistency of cream; then pour this over the asparagus, and serve in a salad bowl, or in individual dishes, and garnish with parsley.

**634 SUMMER SALAD**

2 tomatoes	1 small cucumber
2 young onions	3 turnip radishes
$\frac{1}{2}$ cup water-cress	Salt to taste
$\frac{3}{4}$ cup French dressing (No. 675)	

Slice the vegetables fine, and chop the water-cress rather fine; then mix all together, or put in layers.

Serve on a lettuce leaf in individual dishes.

**635 WALDORF SALAD**

1 cup chopped celery	1 cup apples
$\frac{1}{2}$ cup chopped walnuts	$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ cup white mayonnaise (No. 666) or white salad dressing (No. 667)	

Cut the apples into small pieces, then mix all together; pour over it the salad dressing and mix well.

Serve on a lettuce leaf or garnish with water-cress.

#### <sup>636</sup> ORANGE AND PINEAPPLE SALAD

2 oranges	1 pineapple
	1 cup red fruit sauce

Slice the oranges and pineapples fine; place in alternate layers on a small plate, pour over it a spoonful or two of the fruit sauce, and garnish with parsley or lettuce.

#### <sup>637</sup> APPLE AND BANANA SALAD

1½ cups apples	1½ cups bananas
	½ cup cream salad dressing (No. 664)

Dice the apples and bananas fine, then mix together, and pour over them the dressing.

Serve on small plates and garnish with parsley.

#### <sup>638</sup> PROTOSE SALAD

1 pt. protose	⅓ cup mayonnaise dressing (No. 663)
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Dice the protose fine, brown in the oven, let cool, and sprinkle with a little salt; then mix in the mayonnaise dressing.

Serve on a lettuce leaf or garnish with parsley.

#### <sup>639</sup> PROTOSE AND CELERY SALAD

1 pt. protose	1 cup chopped celery
	½ cup mayonnaise dressing (No. 663)

Dice the protose and celery very fine; brown the protose in the oven, let cool, sprinkle with a little salt, and add celery; then mix in the mayonnaise dressing.

Serve on a lettuce leaf or garnish with parsley.

**640 POTATO AND BEET SALAD**

1 cup potatoes	$\frac{2}{3}$ cup beets
3 hard-boiled eggs	1 tbsp. lemon juice

Pare the potatoes, dice fine, and steam or cook until tender, then let cool. Cook or steam the beets until tender, put in cold water, and peel; chop or dice them; add lemon juice and salt and the eggs.

Put the potatoes in a plate and the beets around them, and garnish with parsley.

**641 TOMATO SALAD, NO. 1**

3 tomatoes	3 lettuce leaves
$\frac{1}{2}$ cup mayonnaise dressing (No. 663)	

Select nice fresh tomatoes, scald and peel them; slice and place in salad dishes on a lettuce leaf, and serve with a spoonful of the mayonnaise dressing on each order.

**642 NUT AND POTATO SALAD**

1 cup potatoes	$\frac{1}{3}$ cup tomato salad dressing (No. 670)
$\frac{1}{2}$ cup nuttolene	Salt to taste

Dice the potatoes into half-inch cubes and steam, set away to cool; then dice the nuttolene into half-inch cubes, add to the potatoes, salt to taste, and mix with the dressing, and garnish with parsley.

**643 GREEN PEA SALAD**

2 cups green peas	$\frac{3}{4}$ cup chopped nuttolene
1 tbsp. butter	$\frac{1}{3}$ cup salad dressing (No. 671)
2 cups water	
Salt to taste	A few lettuce leaves

Shell the peas, put in a sauce pan, and cook slowly with the water and butter until tender. When done, take them off the fire and leave until cold.

Thoroughly wash and drain the lettuce; pull the leaves apart, and put them into a salad dish, then brown the chopped nuttolene a little in the oven, spread it over the top of the lettuce, and pour the peas over it.

Pour the salad dressing over it all, toss lightly and serve.

#### **644 APPLE AND PINEAPPLE SALAD**

1 cup dried apples	1 cup diced pineapples
1 lemon, juice	$\frac{1}{2}$ cup sugar
	$\frac{1}{2}$ cup pineapple juice

Boil the pineapple juice, lemon juice, and sugar together a few minutes; then cool, and pour it over the fruit.

Serve on a salad plate, and garnish with parsley.

#### **645 NUT AND PEACH SALAD**

Slice cooked peaches into thin slices lengthwise. Place on a salad plate, letting them come together in the center, and fill the space between them with pieces of walnuts.

Serve with a red fruit dressing, and garnish with parsley.

#### **646 DATE AND BANANA SALAD**

1 cup diced bananas	$\frac{2}{3}$ cup dates
1 tsp. salad oil	1 tbsp. lemon juice
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup water

Seed the dates and cut them lengthwise, then mix with the bananas. Cook the lemon juice, water, and sugar together for a few minutes; let cool, then mix all together.

Serve on a lettuce leaf on individual dishes.

#### **647 APPLE SALAD**

Pare and dice nice tart apples; add a few chopped nuts and celery if desired. Mix with sweet salad dressing (No. 676), and arrange on a lettuce leaf on individual dishes.

**648 PINEAPPLE SALAD**

Arrange the sliced pineapple on a lettuce leaf, using one slice for each serving. Sprinkle walnuts over the fruit and serve. Garnish with lettuce leaves or parsley.

Very nice served with cranberry dressing.

**649 VEGETABLE SALAD**

1 medium sized carrot	3 small radishes
1 cup celery	$\frac{1}{2}$ cup cabbage
1 onion	$\frac{1}{2}$ cup mayonnaise dressing (No. 663)

Cut the vegetables all up in small cubes or shreds. Then mix all together with the mayonnaise dressing. Serve on a lettuce leaf or garnish with parsley.

**650 LETTUCE SALAD**

3 hard-boiled yolks	$\frac{3}{4}$ cup lemon juice
$\frac{1}{2}$ cup water	$\frac{1}{2}$ tbsp. salt
Lettuce	$\frac{1}{2}$ tbsp. olive oil or butter

Mash the yolks into a paste by adding the oil or butter, mix thoroughly, and then dilute by adding the lemon juice.

Garnish by slicing another hard-boiled egg and laying two or three slices on the lettuce.

Serve on individual dishes.

**651 PEA AND TOMATO SALAD**

3 tomatoes	$\frac{1}{2}$ cup mayonnaise dressing
$\frac{1}{2}$ cup nuttolene	1 cup green peas
Salt to taste	

Peel the tomatoes and scoop out the center; fill up with the peas and nuttolene cut in small pieces; put a little mayonnaise dressing on top of each tomato, and serve on a lettuce leaf.

**652 BOHEMIAN SALAD**

1 bunch of lettuce	$\frac{1}{2}$ tbsp. chopped onion
3 beet roots	3 tbsp. oil
2 egg yolks	1 tbsp. lemon juice
	$\frac{1}{2}$ tsp. salt

Wash the lettuce well, cut into shreds, then put in a salad dish; slice the beet roots and put them on top of the lettuce.

Beat the egg yolks with the onion and salt; when well beaten, add the oil and lemon juice a little at a time. Pour this over the lettuce and serve at once.

**653 MACEDOINE SALAD**

1 medium sized carrot	3 tbsp. French beans
1 medium sized turnip	2 tbsp. sweet oil
3 tbsp. cooked peas	$1\frac{3}{4}$ tbsp. lemon juice

Peel and wash the turnip and carrot well and cut them with a vegetable scoop, put them into boiling salted water, and cook the carrot fifteen minutes and the turnip ten minutes.

Drain well, let them cool, and place in a salad dish; add the cooked peas and beans cut into small pieces; then add salt, oil, and lemon juice.

Mix all together well and turn into a salad dish, or put in individual dishes and decorate with cooked cauliflower or a few asparagus tops, and serve at once.

**654 RUSSIAN SALAD**

$\frac{1}{2}$ cup protose	$\frac{1}{4}$ cup turnips
$\frac{1}{2}$ cup nuttolene	$\frac{1}{4}$ cup cauliflower
$\frac{1}{4}$ cup asparagus heads	Salt to taste
$\frac{1}{4}$ cup carrots	$\frac{1}{2}$ cup French dressing (No. 675)

Cut the protose and nuttolene into small pieces and put into a salad dish. Cook the vegetables, then cut them

up into small pieces and add to the protose and nuttolene; mix well together, then pour over it the dressing, and stir lightly.

#### 655 BRAZILIAN SALAD

1 cup Brazil nuts	2 cups pineapples
$\frac{1}{3}$ cup fresh cherries	2 cups bananas
$\frac{1}{4}$ cup lemon juice	$\frac{1}{3}$ cup sugar

Slice or chop the nuts fine, then dice the fruit into one-third inch squares, and mix all together; sprinkle sugar on top and pour the lemon juice over it and mix well, but do not mash the fruit.

Serve on lettuce leaf or garnish with parsley.

#### 656 ROYAL SALAD

1 cup nutcysa	$\frac{1}{4}$ cup celery, diced fine
$\frac{1}{2}$ cup mayonnaise dressing (No. 663)	

Dice the nutcysa fine and brown in the oven a delicate brown. Set away to cool, then add the celery and a little salt; then add the mayonnaise dressing, and mix well. Serve on a lettuce leaf or garnish with parsley.

#### 657 MOCK CHICKEN SALAD

$\frac{1}{2}$ cup protose	$\frac{1}{2}$ cup nuttolene
$\frac{1}{4}$ cup celery, diced fine	$\frac{1}{2}$ cup mayonnaise dressing

Dice the nuttolene and protose fine and brown in the oven a delicate brown. Set away to cool; then add the celery and a little salt; then add the mayonnaise dressing, and mix well.

Serve on a lettuce leaf or garnish with parsley.

**658 SALAD IN SURPRISE**

Wash a tomato, cut the top nearly off, scrape out the center, and fill with mock chicken salad (No. 657); then put a little mayonnaise dressing (No. 663) on top, and put the top of the tomato back in place again, and serve on a lettuce leaf.

**659 TOMATO SALAD, NO. 2**

1 cup boiling water	1 pt. tomato juice
$\frac{1}{4}$ oz. vegetable gelatine	$\frac{1}{2}$ tsp. salt
2 fresh tomatoes	

Pare the tomatoes. Dip the molds or sherbet cups in cold water, then put a slice of tomato in the bottom of each cup; then fill about half full with the tomato juice, made as follows: Soak the gelatine in hot water from one to three hours, drain, and boil in the cup of water until dissolved; strain through a cheesecloth, and add to the tomato juice; put in the cups, and set away to cool.

Turn out and serve on a lettuce leaf, with a little mayonnaise dressing (No. 663) on the side of each.

**660 LETTUCE LEMONADE SALAD**

Arrange nice leaves of lettuce together and slice off in strips, put on a plate, and pour over it a sauce made by mixing equal parts of lemon juice and water and a little sugar.

**661 WATER-CRESS SALAD**

2 tbsp. lemon juice	Pinch of salt
3 bunches fresh water-cress	

Pare the stalks of the water-cress, clean, dry in a cloth, place in a salad dish; add lemon juice and salt. Mix thoroughly and serve.

Water-cress salad requires no oil.

**662 POTATO SALAD**

1 cup diced potatoes	$\frac{1}{4}$ cup mayonnaise dressing
$\frac{1}{4}$ tsp. grated onion	Salt to taste

Steam or cook potatoes, set away to cool; then mix all together, and carefully stir in the dressing, without breaking the potatoes.

Serve on a lettuce leaf or garnish with parsley.



## Salad Dressings

### <sup>663</sup> MAYONNAISE DRESSING, NO. 1

5 eggs	$\frac{2}{3}$ cup lemon juice
1 tsp. salt	$\frac{1}{2}$ cup butter or olive oil
1 tsp. cornstarch	$\frac{1}{2}$ tsp. celery salt
	$\frac{1}{3}$ cup cold water

Beat the eggs, add salt, celery salt, butter or oil, and the cornstarch, which has been dissolved in the water; and, last, add the lemon juice; mix well, then put in a double boiler, and cook until it thickens, stirring constantly to have it smooth.

Remove from the fire and stir until it is cool; this is best done by setting the dish in cold water and stirring until cool.

### <sup>664</sup> CREAM SALAD DRESSING

$\frac{1}{2}$ cup cream	2 tbsp. sugar
1 egg	Pinch of salt
2 tbsp. lemon juice	

Beat up the egg, add cream, sugar, and salt. Cook in a double boiler until it thickens like custard.

When done, add the lemon juice slowly, and stir well.

### <sup>665</sup> GOLDEN SALAD DRESSING

$\frac{2}{3}$ cup lemon juice	5 eggs
$\frac{1}{2}$ tsp. cornstarch	$\frac{1}{3}$ cup water
$\frac{1}{2}$ cup sugar	Pinch of salt

Beat the eggs, add salt, sugar, and the cornstarch, which has been dissolved in the water, and, last, add the lemon juice.

Cook in a double boiler, the same as mayonnaise dressing (No. 663).

#### **666 WHITE MAYONNAISE DRESSING**

1 tbsp. lemon juice	6 tbsp. oil
1 egg, light colored	Pinch of salt
6 tbsp. whipped cream	

Beat the egg, add salt and oil slowly; beat well, stir in slowly the lemon juice; then stir in the whipped cream.

Serve with Waldorf salad. It should be as white as whipped cream.

#### **667 WHITE SALAD DRESSING**

3 egg whites	1 tsp. cornstarch
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup pineapple juice
$\frac{1}{2}$ tsp. lemon juice	

Heat the juice to boiling, add cornstarch (rubbed smooth in a little cold water), and sugar slowly; pour over the stiffly beaten egg white, and beat until cool.

#### **668 LEMON DRESSING**

$\frac{1}{2}$ cup lemon juice	4 eggs
$1\frac{1}{2}$ tbsp. sugar	1 tsp. salt

Beat up the eggs, add salt, sugar, and lemon juice; then cook in a double boiler as for mayonnaise dressing (No. 663).

#### **669 MAYONNAISE DRESSING, NO. 2**

2 egg yolks	1 cup olive oil
2 tbsp. lemon juice	A few grains of salt

Have the eggs and dishes thoroughly chilled; put the egg yolk into a bowl, add a few drops of lemon juice; stir in a rotary motion with a silver fork, and as soon as the

lemon juice is blended with the yolks, pour in while beating, the oil, one drop at a time.

When the oil is used up, stir in the lemon juice and salt.

If the dressing is a little too thin by the addition of the lemon juice, stir in a little more oil. When done, it should be a rich cream color. Set on ice until wanted.

#### 670 TOMATO SALAD DRESSING

1 cup tomato juice	2 tbsp. lemon juice
$\frac{1}{2}$ tsp. sugar	$\frac{1}{2}$ cup olive oil or butter
$\frac{1}{4}$ tsp. salt	1 tsp. cornstarch

Mix all together, and heat in a double boiler, stirring until thickened.

#### 671 SOUR SALAD DRESSING

1 cup lemon juice	3 tsp. sugar
1 cup butter	1 cup water
$\frac{1}{4}$ tsp. salt	$\frac{3}{4}$ tsp. celery salt
2 tsp. cornstarch or $3\frac{1}{2}$ tsp. flour	

Heat the water to boiling, add butter, and thicken with the cornstarch or flour (rubbed smooth in a little cold water); cook about ten minutes, then add salt, celery salt, lemon juice, and sugar.

Take off the stove and set away to cool.

#### 672 NUT SALAD DRESSING

1 cup water	1 tbsp. nut butter
$\frac{1}{3}$ tsp. salt	$\frac{1}{3}$ cup lemon juice

Emulsify the nut butter in the water, boil ten minutes, then add salt and lemon juice.

#### 673 MINT SALAD DRESSING

4 mint leaves	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ tsp. sugar	2 tbsp. olive oil
2 tbsp. lemon juice	

Mix together the lemon juice, oil, sugar, and salt; then chop fine the mint leaves and add them.

Mix well before using, so that the oil and lemon juice do not separate.

#### 674 COOKED FRENCH DRESSING

$\frac{1}{4}$  cup lemon juice

1 egg

$\frac{1}{4}$  cup sugar

Pinch of salt

Boil lemon juice, sugar, and salt together until the consistency of thin syrup and hardens when dropped in cold water.

Pour it slowly over the egg, which has been beaten separately and folded together. If a white dressing is desired, omit the egg yolk.

#### 675 FRENCH DRESSING

4 tbsp. olive oil

1 tsp sugar

2 tbsp. lemon juice

$\frac{1}{2}$  tsp. salt

Mix all together, and stir vigorously until well blended; this is best done by putting it in a bottle or glass jar and shaking it well until it does not separate; then pour over the salad.

A little onion juice and finely chopped parsley may be added, if desired.

#### 676 SWEET SALAD DRESSING

$1\frac{1}{2}$  cups water

$\frac{1}{4}$  cup sugar

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  cup lemon juice

$\frac{1}{2}$  cup almond butter or 2 tbsp. dairy butter

Emulsify the almond butter in the water, let boil a few minutes, then add the sugar, salt, and lemon juice.

**677 LEMON AND NUT SALAD DRESSING**

$\frac{1}{2}$ cup lemon juice	1 egg white
$\frac{1}{2}$ cup sugar	$\frac{3}{4}$ cup shelled nuts

Heat the lemon juice and sugar to boiling, then pour over the well-beaten egg. Pour this over the salad and garnish with lettuce or parsley and the nuts; or the nuts may also be added to the syrup and boiled a few minutes.



## Sauces and Gravies

### 678 ORANGE SAUCE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ grated orange rind
1 cup sugar	1 qt. water
2 egg yolks	1 $\frac{1}{2}$ tbsp. cornstarch
Juice of one lemon	Juice of two oranges

Heat water to boiling, add sugar and butter; then stir in the corn starch, rubbed smooth in a little cold water, then add a pinch of salt, lemon juice, orange juice and rind.

When the corn starch is sufficiently cooked pour it over the beaten yolks, and cook a few minutes longer.

### 679 PINEAPPLE SAUCE

1 cup water	3 egg whites
$\frac{2}{3}$ cup sugar	1 cup pineapple juice
$\frac{1}{2}$ cup pineapple pulp	1 $\frac{1}{2}$ tbsp. cornstarch
Juice of one lemon	

Mix all together, heat to boiling and thicken with the cornstarch, rubbed smooth in a little cold water.

Cook until cornstarch is thoroughly cooked, then pour over the beaten egg whites if desired.

### 680 HOLLANDAISE SAUCE

$\frac{1}{3}$ cup butter	$\frac{1}{4}$ cup olive oil
$\frac{1}{3}$ cup flour	$\frac{1}{2}$ cup lemon juice
4 egg yolks	1 $\frac{1}{2}$ qts. boiling water

Rub the butter and flour together until smooth, add slowly the water, stirring constantly; boil thoroughly, remove from fire, add lemon juice, oil and eggs.

Boil a few minutes and salt to taste.

## 681 NUT MEAL GRAVY

2 tbsp. flour	1 tbsp. nutmeal
1½ pts. hot cream	Salt and thyme to taste

Mix flour and nut meal together, place in the oven and brown slightly, mix with a little cold milk and stir into the hot cream, let cook a few minutes and serve.

## 682 NUTTOLENE SAUCE

1 pt. cream	1 cup minced nuttolene
1 pt. water	1½ tbsp. flour

Emulsify the nuttolene in the water, add the hot cream, heat to boiling and stir in the flour, rubbed smooth in a little cold water.

Cook a few minutes and salt to taste.

## 683 CUSTARD SAUCE

1 pt. milk	½ tbsp. cornstarch
2 eggs	Pinch of salt.
Sugar and flavor to taste	

Heat the milk in a double boiler, add cornstarch, rubbed smooth in a little cold milk or water. Cook a few minutes; then pour over the beaten eggs, and cook a few minutes longer. Season and serve.

## 684 BROWN TOMATO GRAVY

1½ cups tomato juice	2½ tbsp. butter
1½ tbsp. brown flour	1 tbsp. white flour

Melt the butter, stir in the flour, stirring until smooth, then add the hot tomato juice, and cook a few minutes.

Season with thyme and salt to taste.

## 685 EGG SAUCE

Make the same as cream sauce (no. 713); beat one

egg and add to the sauce, and mix well. Or put a hardboiled egg through a colander or chop fine, and add to the sauce. Salt to taste just before serving.

#### <sup>686</sup> PARSLEY SAUCE

Make the same as cream sauce (no. 713),, and add finely chopped parsley just before serving.

#### <sup>687</sup> TOMOTO GRAVY

1 pt. water	$\frac{1}{4}$ cup tomato juice
$\frac{1}{2}$ tsp. sage	$\frac{1}{2}$ tbsp. olive oil or butter

Mix into this enough granose flakes to thicken into gravy, add some pieces of rather brown zwieback, and allow all to boil up well.

Strain to make smooth, season to taste and serve. Half brown and white flour may be used instead of the flakes, and zwieback if preferred.

#### <sup>688</sup> NUT GRAVY

1 tbsp. nut butter	1 tbsp. butter
2 cups hot water	1 tbsp. brown flour
1 tbsp. white flour	Salt to taste

Emulsify the nut butter in a little cold water, then melt the butter, and stir in the flour, add hot water and nut butter, stir in the flour, add hot water and nut butter, stir until smooth, cook a few minutes and season.

#### <sup>689</sup> NUT TOMATO GRAVY

1 tbsp. flour	2 tbsp. nut butter
$1\frac{1}{2}$ pts. strained tomato	Salt to taste

Emulsify the nut butter in a little cold water, then add tomato; heat to boiling and stir in the flour, rubbed smooth in a little cold water. Cook a few minutes and salt to taste.

**690 BECHAMEL SAUCE**

2 tbsp. butter	$1\frac{1}{2}$ tbsp. flour
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cup potato water
A few drops onion juice	Salt to taste

Melt the butter in a sauce pan, stir in the flour; add the milk and potato water, then stir until smooth. Cook a few minutes, and season to taste.

**691 COLD MINT SAUCE**

$\frac{1}{2}$ cup lemon juice	3 tbsp. sugar
3 tbsp. finely chopped young mint leaves	

Rub chopped mint leaves and sugar together, when thoroughly mixed add gradually the lemon juice, and it is ready to serve.

**692 HOT MINT SAUCE**

1 cup lemon juice	$\frac{1}{4}$ cup water
$\frac{1}{2}$ tbsp. brown sugar	$\frac{3}{3}$ tbsp. finely chopped young mint leaves

Put lemon juice in a small porcelain pan, and evaporate it over the fire until reduced to one-half, then add sugar, and chopped mint leaves; bring to boiling and serve.

**693 BROWN GRAVY**

$1\frac{1}{2}$ cups potato water	1 tbsp. white flour
$1\frac{1}{2}$ cups brown flour	$2\frac{1}{2}$ tbsp. butter

Make the same as brown tomato gravy (no. 684); omitting the tomato juice.

**694 CELERY SAUCE**

Make the same as cream sauce (no. 713), and add finely chopped celery, previously cooked, before serving.

**695 TOMATO SAUCE**

$1\frac{1}{2}$ cups tomato juice	2 tbsp. butter
2 tbsp. white flour	Pinch of thyme or sage

Make the same as brown tomato gravy (no. 684), omitting the brown flour. Salt to taste and serve.

**696 BROWN ONION GRAVY**

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ tbsp. flour
1 cup milk	1 cup water
Salt to taste	2 tbsp. brown onion flavor (no. 900)

Melt the butter, stir in the flour and cook together until slightly browned, then add the hot water and milk. Cook until smooth and thickened; then add the brown onion flavor and salt to taste.

**697 PROTOSE AND TOMATO SAUCE**

1 qt. water	$\frac{2}{3}$ cup mince dprotose
1 minced onion	2 tbsp. butter
$\frac{1}{2}$ cup brown flour	$\frac{1}{4}$ cup white flour
1 cup tomato juice	Salt and celery salt to taste

Put the water, butter and onion on the stove, when it begins to boil, add the protose and simmer for thirty minutes.

Then place where it will boil, add the flour, rubbed smooth in the tomato juice. Cook a few minutes and season to taste.

**698 AMBER SAUCE**

1 qt. water	2 lemons
1 cup sugar	1 small bay leaf

Heat water to boiling, add the bay leaf of lemons, sliced and the seeds removed, thicken with a very little

cornstarch and boil twenty minutes, remove the lemons and bay leaf and add the sugar.

#### <sup>699</sup> CRANBERRY SAUCE

Wash thoroughly until clean some cranberries, put in a stew pan and cover with boiling water, cover and let stand five minutes, then drain off the water and just cover with boiling water and cook five minutes after coming to a boil; strain through a fine strainer or cheese cloth, put on the stove again and thicken with cornstarch and sweeten to taste.

#### <sup>700</sup> BANANA CREAM SAUCE

Put bananas through a colander and pour over enough cream to make it the consistency of rich cream.

A little sugar may be added if desired.

#### <sup>701</sup> CREAM SAUCE FOR CUSTARD

1 pt. cream	1 tbsp. cornstarch
$\frac{1}{4}$ cup sugar	Vanilla flavor

Heat the milk to boiling, thicken with the cornstarch; let cook fifteen minutes, a double boiler is best, then add sugar and a pinch of salt. Flavor and color pink if desired.

#### <sup>702</sup> VANILLA SAUCE

1 pt. water	$\frac{1}{4}$ cup flour
1 cup sugar	$\frac{1}{2}$ cup melted butter
$\frac{3}{4}$ tbsp. vanilla	Small pinch of salt

Rub the flour smooth in the butter; then add the boiling water slowly, stirring all the time, set on the fire and cook fifteen minutes or until the flour is thoroughly cooked, then add sugar and vanilla.

<sup>703</sup> PEACH SAUCE

1½ cups peach juice	½ cup sugar
1 tbsp. lemon juice	4 egg whites

Boil peach juice and sugar together until the consistency of thin syrup, add the lemon juice and pour over the well beaten eggs; beating until it is cold.

Any other kind or combination of fruit juice may be used as desired.

<sup>704</sup> LEMON SAUCE

1 qt. water	½ cup lemon juice
1 cup sugar	2 tbsp. cornstarch
1 tbsp. butter	Pinch of salt

Make the same as orange sauce (no.678). If a stronger flavor is desired add the grated rind of one lemon.

<sup>705</sup> COCOANUT SAUCE

1 cup cocoanut butter	2 tbsp. flour
3 cups water	Pinch of salt

Dissolve the cocoanut butter in part of the water until smooth, then add the rest of the water and cook fifteen minutes after being thickened with the flour, and add salt. Sugar may be added if desired.

<sup>706</sup> BROWN CREAM SAUCE

1 pt. milk	1 pt. cream
⅓ tsp. salt	1 tbsp. white flour
	1 tbsp. brown flour

Heat the milk to boiling in a double boiler, thicken with the flour, rubbed smooth in a little cold water.

Cook thirty minutes, then add salt.

<sup>707</sup> LENTIL SAUCE

$\frac{2}{3}$ cup lentil pulp	1 tbsp. nut butter or flour
$\frac{1}{2}$ cup hot water	Salt to taste

Heat the water to boiling, stir in the lentil pulp, thicken with nut butter or flour; cook a few minutes longer, and season to taste.

<sup>708</sup> SAUCE IMPERIAL

1 pt. tomato juice	2 tsp. nut oil
$\frac{1}{4}$ tsp. salt	1 sprig of parsley
1 bay leaf	2 tsp. flour
1 tsp. grated onion	A small pinch of thyme

Heat the tomato juice, add parsley, onion and bay leaf; cook a few minutes and strain. Put oil in a pan, heat until hot but not scorched.

Add the flour and stir until smooth, then add the hot tomato juice slowly; stirring until creamy and well cooked. Season and serve.

<sup>709</sup> ALMOND CREAM SAUCE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ cup sugar	1 qt. milk
Almond flavor	Pinch of salt

Melt the butter and add flour, heat the milk to boiling and pour in slowly; stirring constantly and cook until thick; then add sugar, pinch of salt and flavor to taste.

<sup>710</sup> WHIPPED ALMOND SAUCE

4 tbsp. almond butter	5 egg whites
$\frac{1}{2}$ cup cold water	2 tbsp. sugar
Juice of one orange	Pinch of salt

Emulsify the almond butter in the water, heat to boiling and cook a few minutes; add sugar, orange juice and salt.

Beat up the eggs to a stiff froth and carefully fold into the sauce.

#### <sup>711</sup> MELTOSE SAUCE

$\frac{1}{2}$ cup meltose	$\frac{1}{2}$ cup strawberry juice
$\frac{1}{2}$ cup lemon juice	$\frac{1}{2}$ tbsp. flour

Mix the strawberry juice and meltose together, put on the stove and heat to boiling; then add the flour which has been stirred smooth in a little cold water.

Let cook a few minutes, and add the lemon juice. The strawberry juice and flour may be omitted, and the hot meltose poured over the stiffly beaten whites of two eggs,—beating until white, and served as cold sauce.

#### <sup>712</sup> IDEAL CHILI SAUCE

$1\frac{1}{2}$ qts. tomatoes	1 tsp. celery salt
2 tsp. sugar	1 large onion, sliced
1 tsp. cornstarch	$\frac{1}{2}$ lemon and rind
$\frac{2}{3}$ tsp. salt	

Cook all together for about three hours, or until of the right consistency, then press through a fine colander to remove skins and seeds.

#### <sup>713</sup> CREAM SAUCE

2 tbsp. butter	$1\frac{1}{2}$ tbsp. flour
1 cup hot cream	Salt to taste

Melt the butter in a sauce pan, stir in the flour; add cream and stir until perfectly smooth, using a wire whip.

Cook a few minutes, and salt just before serving.

<sup>714</sup> CHOCOLATE FUDGE SAUCE

2 tbsp. chocolate	1 cup sugar
$\frac{3}{4}$ cup boiling water	1 tsp. cornstarch

Melt the chocolate in part of the water. Sift the cornstarch and sugar together, then stir all together and cook five minutes, flavor with vanilla and serve.

<sup>715</sup> WHITE SAUCE

2 tbsp. butter	2 tbsp. flour
1 cup milk	Salt to taste

Rub the butter and flour together until smooth, then slowly pour over them the hot milk. Cook slowly, stir until smooth and thickened.

Salt to taste and serve.

<sup>716</sup> MOCK CHICKEN GRAVY

2 tbsp. butter	$1\frac{1}{2}$ tbsp. flour
1 cup potato water	Salt to taste

Melt the butter and stir in the flour, stir until smooth and very slightly browned. Then add the potato water and cook until smooth and thickened. Salt to taste and serve.

A little celery salt may be added if desired.

<sup>717</sup> MOCK BEEF GRAVY

$\frac{1}{2}$ cup butter	$3\frac{1}{2}$ tbsp. flour
1 pt. potato water	2 tsp. brown onion flavor

Melt the butter, stir in the flour and cook together until quite well browned, then add the potato water. Cook until smooth and thickened; then add the flavor and salt to taste.

# Toasts

## <sup>718</sup> TOASTS

Toasts are, when properly prepared, nutritious and appetizing, and far more wholesome than the fried mushes and griddle cakes which are so often partaken of. Zwieback should be used as the foundation of all toasts, prepared as directed in (no. 891).

Following are a few kinds of toasts, which will suggest others equally as good, and may be prepared by most any one.

### <sup>719</sup> CHERRY TOAST

1 pt. canned cherries	$\frac{1}{2}$ cup water
2 tsp. cornstarch	Sugar to taste

Mix water and cherries together, heat to boiling and thicken with the cornstarch; add sugar to taste, and pour over slices of well browned dry toast. Fresh cherries may be used instead of the canned. Strawberries, raspberries, blackberries, blueberries, cranberries or currants may be used in the same way, being careful not to break the berries.

### <sup>720</sup> GRAPE TOAST

Stem well ripened grapes, wash well and stew about fifteen minutes; then rub through a colander to remove seeds and skins, add a little more water, heat to boiling and thicken with cornstarch and add sugar to taste.

When ready to serve pour a small quantity over each slice of dry toast or zwieback, which should be first moistened with a little hot water.

### <sup>721</sup> CREAM TOAST

Heat rich milk or cream to boiling; place a slice of

zwieback or dry toast on a saucer or in a soup bowl, soften by pouring a little hot water over or dip quickly in hot water or milk; sprinkle with salt if desired, pour over enough of the hot cream to cover well and serve.

#### <sup>722</sup> PRUNE TOAST

$\frac{2}{3}$ cup water	$\frac{1}{2}$ tbsp. cornstarch
1 cup prune marmalade	Sugar to taste
1 tsp. lemon juice if preferred	

Mix the marmalade and water together, heat to boiling, then thicken with the cornstarch. Let cook about ten minutes and sweeten to taste. Serve hot on a slice of zwieback on individual plates.

#### <sup>723</sup> APRICOT TOAST

$1\frac{1}{2}$ cups stewed apricots	$\frac{3}{4}$ cup water
1 tbsp. cornstarch	Sugar to taste

Put the apricots through a colander, add the water, put on the stove and heat to boiling, then thicken with cornstarch, sweeten to taste, and serve on slices of zwieback, which have been moistened in hot water.

#### <sup>724</sup> PEAR TOAST

Make the same as apricot toast (no. 723), using stewed or canned pears instead of apricots.

#### <sup>725</sup> PEACH TOAST

Make the same as apricot toast (no. 723), using canned peaches instead of apricots.

#### <sup>726</sup> NUT GRAVY TOAST

1 tbsp. nut butter	1 pt. water
$\frac{1}{2}$ tbsp. brown flour	$\frac{1}{4}$ tbsp. white flour

Emulsify the nut butter in cold water, adding a little at a time; mix until very smooth, put on stove and heat to

boiling, then add the flour, rubbed smooth in a little cold water, boil a few minutes and serve on dry toast or zwieback the same as cream toast (no. 721).

#### <sup>727</sup> DATE TOAST

1 cup date marmalade	$\frac{2}{3}$ cup water
1 tsp. cornstarch	1 tsp. lemon juice

Mix the marmalade and water together, heat to boiling, and thicken with the cornstarch. Serve hot on moistened slices of zwieback.

#### <sup>728</sup> ASPARAGUS TOAST

Select very tender asparagus, cut in one-fourth inch lengths, and stew until tender. Salt while cooking; pour over the cooked asparagus a thin milk gravy; salt to taste and serve on pieces of zwieback on pie plates.

#### <sup>729</sup> BANANA TOAST

Peel some nice ripe bananas and press through a fine colander, then add milk or fruit juice enough to make it about the consistency of rich cream, heat to boiling in a double boiler and thicken with a little cornstarch, rubbed smooth in a little cold water.

Sweeten to taste and serve on pieces of zwieback or dry toast on individual plates. May also be served by slicing the bananas fine and putting in the thickened liquid instead of putting them through a colander.

#### <sup>730</sup> APPLE TOAST

1 cup water	Sugar to taste
1 cup fresh stewed apples	

Cook the apples in as little water as possible until tender. Stir often when nearly done to prevent burning, then put through a colander to remove cores and skins, and sweeten to taste.

Moisten slices of zwieback by dipping them into a dish of hot water, then place them on individual pie plates and cover with the hot apples. A little lemon juice may be added if preferred.

#### <sup>781</sup> TOMATO TOAST

1½ cups strained tomatoes	1 tbsp. cornstarch
½ cup water	Salt to taste

Heat the tomato juice and water to boiling, thicken with the cornstarch; let cook ten minutes, then salt to taste, and add a little sugar if desired. Serve on pieces of zwieback moistened in hot water.

#### <sup>782</sup> SNOWFLAKE TOAST

1 qt. milk	2½ egg whites
2½ tbsp. flour	Salt to taste

Heat the milk in a double boiler, thicken with the flour, rubbed smooth in a little cold milk, and cook thirty minutes; then pour over the egg whites beaten to a stiff froth.

Put back in the double boiler and set on the stove to cook for ten minutes, when it will rise and be very light. Salt to taste, and serve at once on moistened toast or zwieback.

#### <sup>783</sup> RAISIN TOAST

Wash and soak seedless raisins in sufficient cold water to cover them well for about three hours. Then put on to cook in the same water; stew gently until perfectly tender, add a little more water, thicken with cornstarch to the consistency of thin gravy.

Sweeten to taste, and serve on moistened toast or zwieback. The addition of a little lemon juice will be an improvement.

#### <sup>784</sup> CELERY TOAST

Take cream sauce (no. 713), and add finely chopped

celery (previously cooked). Serve at once on moistened toast or zwieback.

<sup>736</sup> FIG TOAST

1 cup fig marmalade  
1 tsp. cornstarch

$\frac{2}{3}$  cup water  
1 tbsp. sugar

Mix the marmalade and water together, heat to boiling, and thicken with the cornstarch. Sweeten to taste and serve hot on moistened slices of zwieback.



# Fruits

## 736 FRUITS

Fruits consist chiefly of water, and for this reason are scarcely ever looked upon as nutrients.

The large amount of water that fruits contains makes them an excellent article of food for summer, and in fact the year round.

The acids of all fruits are disinfectants to a certain extent, some more than others. This makes them very valuable and beneficial in cases of disease, because they are disinfectants, clearing out the germs from the stomach and alimentary canal, and breaking up the waste substances so they can be eliminated by the kidneys, or excretory organs.

## 737 COMPOSITION OF COMMON FRUITS

	Water.	Pro- teid.	Carbo- hydrates.	Mineral Matter	Acids
Pears	83.9	0.4	11.5	0.4	0.1 Malic
Apricots	85.0	1.1	12.4	0.5	1.0 Malic & citric
Peaches	88.8	0.5	5.8	0.6	0.7 Malic
Plums	78.4	1.0	14.8	0.5	1.0 Malic & tartaric
Cherries	84.0	0.8	10.0	0.6	1.0 to 1.5 Malic & citric
Gooseberries	86.0	0.4	8.9	0.5	1.5 Malic & citric
Currants	85.2	0.4	7.9	0.5	1.4 Malic & citric
Strawberries	89.1	1.0	6.5	0.7	1.0 to 1.5 Malic & citric
Blueberries	76.3	0.7	5.8	0.4	1.0 Malic
Blackberries	88.9	0.9	5.2	0.6	1.0 Malic
Raspberries	84.4	1.0	5.2	0.6	1.4 Malic & citric
Cranberries	86.5	0.5	3.9	0.2	2.0 to 2.5 Malic, citric & oxalic
Mulberries	84.7	0.3	11.4	0.6	1.8 Malic
Grapes	79.0	1.0	15.5	0.5	0.5 to 1.5 Tartaric

Watermelons	92.9	0.3	6.5	0.2	
Cantaloupes	89.5	0.6	9.3	0.6	
Bananas	74.0	1.5	22.9	0.9	
Orange juice	85.0		10.8	0.4	1.93 Citric
Lemon juice	90.0		2.0	0.4	7.0 Citric
Pineapples	89.3	0.4	9.7	0.3	1.3 Tartaric & citric
Dates	20.8	4.4	65.7	1.5	
Prunes	26.4	2.4	66.2	1.5	0.1 to 1.2 Malic
Figs	20.0	5.5	62.8	2.3	0.2 Malic
Apples	82.5	0.4	12.5	0.4	1.0 to 2.5 Malic
Dried apples	36.2	1.4	49.1	1.8	3.6 Malic
Raisins	14.0	2.5	74.7	4.1	2.3 Malic

**788 BAKED APPLES**

Take good tart apples, wash well, leaving on the stem but cut off all the bad spots or defects.

Place in a granite baking dish, sprinkle with sugar and add hot water enough to about half cover the apples.

Bake in a moderate oven until tender but not mushy.  
Serve hot or cold.

**789 BAKED BANANAS**

Peel the bananas, leave whole, roll in fruit juice or beaten eggs, then in bread crumbs. Bake from five to ten minutes in a hot oven.

Or peel them and place in an oiled tin, spread the top with butter, and bake in a hot oven ten minutes until tender and slightly browned.

Or place in an agate or granite pan, cover with fruit juice, which has been thickened a little with cornstarch and sweetened to taste, then put in the oven and bake thirty minutes.

**740 BAKED APPLE SAUCE**

Pare and quarter nice good apples. Put in a baking pan, add a little water; cover so as to keep in all the steam.

Add sugar while baking according to the tartness of the apples.

Bake until perfectly tender, remove from the oven and serve in individual dishes.

#### 741 APPLE CUTLETS

Take good tart apples, pare and slice crosswise, make the slices about one-fourth inch thick.

Dip each slice in nut cream, or beaten eggs, and finely ground zwieback; place in an oiled tin and bake in a moderate oven until nicely browned.

If a rich brown color is desired, sprinkle the top with melted butter, when done, sprinkle with powdered sugar.

#### 742 STEWED PINEAPPLES

Pare, cut into thin slices, put into a stew pan, cover with cold water, then put on the stove.

After coming to a boil let simmer one hour, then add a little sugar and cook fifteen minutes longer. Serve hot or cold.

#### 743 SLICED PINEAPPLES

Pare, cut into thin slices, put into a dish, and sprinkle with sugar and add a little water if desired.

Let stand in a cool place for three hours, then serve.

#### 744 BAKED PRUNES

Take a quantity of prunes, pour scalding water over them, then wash thoroughly in cold water. Add cold water to cover them, cover closely and cook slowly until tender; if a rich syrup is desired uncover and cook briskly.

Turn into an agate pan, sprinkle a little sugar over the top and bake twenty minutes.

**745 STEWED PRUNES**

Take a quantity of prunes, pour scalding water over them; then wash thoroughly in cold water.

Cover with cold water and soak over-night; in the morning put on the stove (in the same water they were soaked in) and cook slowly from two to six hours until perfectly tender (not mushy) and a rich syrup forms.

Leave uncovered after the water comes to a boil for the steam to evaporate and form a syrup.

Apricots and raisins, or any other dried fruit may be treated in like manner.

**746 STEWED GRAPES**

Select good ripe grapes, wash well and pick from the stems. Put in a double boiler and put on just enough hot water to cover; cook from thirty to forty minutes or until tender, add sugar to taste about ten minutes before they are done.

Grapes cooked thus are not broken up, but are nice and whole.

**747 STEWED CRANBERRIES**

1 pt. cranberries	1 cup water
	1 cup sugar

Wash the cranberries, then soak in boiling water about five minutes—covering the dish well; this will take away the strong acid flavor.

Then drain off the water, put on to cook in the hot water and cook until they crack, add the sugar and cook a few minutes longer.

**748 JELLIED CRANBERRIES**

1 pt. cranberries	1 cup sugar
	1 cup water

Prepare the same as for stewed cranberries (no. 747). Put on to cook in the hot water; cook until they crack, then add the sugar, and cook until the juice thickens or about eight minutes after coming to a boil.

Wet a dish or mold in cold water and fill it with the cranberries, when cold they will turn out nice and firm like jelly.

Vegetable gelatine may also be used if preferred.

#### <sup>749</sup> APPLE SAUCE

Pare and quarter nice apples, cook in a small quantity of water, cover and simmer gently so that the top portion will steam tender as soon as the bottom; a few minutes before they are done add sugar to taste, be careful not to break them up.

If sweet apples are used no sugar is needed, but they must cook much longer.

If a nice smooth apple sauce is desired put them through a colander after they are cooked.

#### <sup>750</sup> BAKED SWEET APPLES

The Talman sweet apple is the best for baking. Take some that are about of a size, and not wormy; wash well and leave on the stem, but cut off all the bad spots and defects.

Place in a granite baking dish and add hot water enough to about half cover the apples; bake in a moderately hot oven for three hours, until they are very soft clear through, when they will be sweet and juicy.

#### <sup>751</sup> STEAMED FIGS

Take nice large figs (the Smyrna brand is best), cut off the stems and defects; wash in warm water, put in a colander and place over a dish of boiling water, cover

well and let steam for thirty minutes, or until of a light brown color.

#### <sup>752</sup> STEWED FIGS

Prepare the same as for steamed figs (no. 751); put in a stew-pan, cover with hot water and gently stew until tender; set away to cool and serve.

#### <sup>753</sup> STEAMED DATES

Take nice large dates, wash in cold water and steam the same as steamed figs (no. 751).

#### <sup>754</sup> DRIED APRICOTS

Look over and wash well, some good apricots, soak over-night in cold or warm sweetened water, and cook in the same water they were soaked in.

Simmer gently for three or four hours until perfectly tender. Be careful to keep the fruit in as natural a condition as possible.

#### <sup>755</sup> DRIED APPLES

Cook same as dried apricots (no. 754). The dried fruit should be brought back to its natural or original condition as near as possible before cooking.

The same is true of any kind of dried fruit.

#### <sup>756</sup> HOW TO PREPARE GRAPE FRUIT

Wipe grape fruit and cut in halves crosswise. With a small sharp pointed knife make a cut, separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections.

Remove tough portions in one piece which may be accomplished by one cutting with scissors at stem or blossom end close to skin.

Sprinkle fruit pulp left in grape fruit skin with sugar. Set on ice ten minutes. Place on fruit plate and garnish.

#### <sup>757</sup> HOW TO KEEP GRAPES

Grapes may be preserved for two or three months by selecting perfect bunches that have no decayed ones attached and carefully packed in saw dust, using sufficient of the packing so that the fruit does not touch the barrel, or the bunches come in contact.

#### <sup>758</sup> HOW TO SERVE RASPBERRIES

These are perhaps the most delicate of soft fruits, and require careful handling. As a rule they do not require washing, but it is always best to wash all fruit before using.

Put them into a colander, and lift them carefully in and out of the water just before serving.

Heap lightly in a glass bowl or deep dish.

#### <sup>759</sup> HOW TO SERVE STRAWBERRIES

Just before serving, put the strawberries into a colander, lift the colander in and out of cold water three or four times; stand on a plate or shallow dish for the water to drain off, and quickly stem or hull the berries, or they may be stemmed before washing.

#### <sup>760</sup> HOW TO SERVE CANTALOUP

Wash and wipe a melon and cut in halves crosswise. Remove seeds and stringy portions; put one-half melon on fruit plate and fill with crushed ice.

Garnish with lettuce or parsley and serve.

# How to Can Fruit

## 761 HOW TO CAN FRUIT

Fruit canning is a very simple process, but if it is perfectly successful, certain principles must be followed. In the first place all germs must be killed and excluded, and the fruit kept in as natural condition as possible.

Home canned fruits are superior to the factory article for various reasons; glass is much more safe and better in many ways than tin for canning fruit, and they are free from the strong or poisonous preservatives which many of the factories introduce.

In canning fruit care should be taken to have good cans and perfectly fitting covers; this is very important. The fruit should always be cooked in a granite-ware or enameled sauce-pan or kettle; never in tin or copper, brass or iron.

Cook slowly, as rapid boiling breaks up the fruit, and much of its fine flavor escapes.

The Mason glass jar, with the white porcelain lined covers are considered the best.

Fruit for canning should be thoroughly cooked that every portion of it will have been subjected to a sufficient degree of heat to destroy all germs within the fruit, but over-cooking should be avoided.

The time required varies with the kind and quality of the fruit.

If sugar is cooked with the fruit, it is best not to add it until a few minutes before it is done.

While the fruit is cooking place the rubbers on the jars, and immerse them in a large pan of scalding water, and gradually raise the temperature to prevent them from break-

ing. Also put the covers in a basin of hot water and sterilize well, adding soda to the water.

When the fruit is well cooked, empty one of the jars and place it in a small pan, and quickly fill with the boiling fruit to overflowing. Skim off all foam or air bubbles that come to the top, and screw down the covers quickly and tightly.

Be sure that the rubber extends beyond the cover all around.

Turn the jars upside down until cold, and if preferred the top of the jars may be sealed by dipping them in hot parafine.

#### <sup>762</sup> CANNED STRAWBERRIES

Select good sound berries; those freshly picked are best. Stem them and wash by putting them in a colander and dipping carefully into a pan of clean water, letting it stand for a few minutes.

Put them into a porcelain kettle with a very small quantity of water, and heat slowly to boiling. If sugar is to be used, it is best to heat it first in the oven, but do not add it until the fruit is boiling.

One cupful of sugar is usually sufficient for one quart of strawberries, other sweet berries do not require so much.

Skim off all the froth that rises to the top, then fill the cans to overflowing as directed in (no. 761), and turn bottom side up until cold, to make sure that they do not leak seal them with paraffine or wax, and put away in a dark place.

The fruit is also very nice if steamed in the cans after they are filled, but it is quite a lengthy process.

#### <sup>763</sup> CANNED RASPBERRIES

These are perhaps the most delicate berries and are hard to can without breaking them up. Prepare and can

them the same as strawberries (no. 762), just bringing them to a boil so as not to break them. The fruit may be steamed or cooked in the cans after they are filled, but this is quite a lengthy process and may not always be convenient.

If it is desired to have the berries entirely whole, take nice ripe berries, rinse and drain, then fill cans that have been thoroughly sterilized about three-fourths full of the fruit, then fill up with a syrup made by dissolving the required amount of sugar in water—about one cup to three quarts of berries.

Cook until it begins to spin, but not hard. Seal the cans as quickly as possible, and leave on the back of the stove fifteen minutes.

If the proper care is taken in canning them, they will keep as well as if they had been cooked and will be much nicer:

#### <sup>764</sup> CANNED CHERRIES

Wash, stem and cook the cherries whole or remove the pits, cover with water and add from one-half to two-thirds cup sugar to each quart of cherries according to the tartness of the cherries.

Cook until tender, and can as directed in (no. 761). Currants, gooseberries, blueberries etc. may be treated in the same way.

#### <sup>765</sup> CANNED PEARS

Select pears that are perfectly ripe, but not soft. Pare, cut into halves or quarters, remove the seeds and core, then drop in a dish of cold water to prevent discoloring.

Prepare a syrup by mixing one cup of sugar and two quarts of water together. When the syrup boils, put in the pears very carefully so as not to break them, and cook until they look clear and can easily be pierced with a fork.

When the pears are harder and not ripe, they must

be cooked until tender in hot water, before adding the syrup or sugar.

Care must be taken not to cook them too long, especially after the sugar is added, or they will turn red.

Have the jars hot and well sterilized, and put in first a little of the syrup, then pack in the pears very carefully; fill to overflowing with the boiling hot syrup, and finish the same as for strawberries (no 762). Peaches, plums, pineapples, or apples may be treated in the same way.

#### <sup>766</sup> CANNED TOMATOES

These are perhaps the hardest of all fruits to keep, but if the proper care is taken in canning them, one should experience no difficulty.

Select smooth, ripe tomatoes; put into a pan, and pour boiling water over them to make the skins come off readily; then take a sharp knife and remove the cores, pare, and cut into halves or quarters.

Put into a granite kettle, add a tiny bit of water to keep them from scorching, add one-fourth teaspoon salt to two quarts of the tomatoes; cook just a few minutes after coming to a boil, so as not to break them up.

Put into the cans as soon as done, and screw the covers on tightly, turn bottom side up until cold, then seal with paraffine, and put away in a dark place.

#### <sup>767</sup> CANNED QUINCIES

Peel and quarter the quinces and remove the cores. Cut them in thin slices.

Make a syrup of one cup and a half of sugar and one of boiling water; when it begins to boil, drop in the sliced quinces; cook until tender and clear.

Put in jars and finish the same as for strawberries (no. 762).

**768 CANNED PINEAPPLES**

Slice pineapples in half inch slices, then remove skin and eyes and cut in quarters, at the same time discarding the core.

Cover with hot water and cook from one to one and one-half hours, or until well done. Add sugar to taste a few minutes before they are done.

Put in jars and finish the same as for strawberries (no. 762).



# How to Can Vegetables

## <sup>769</sup> HOW TO CAN VEGETABLES

Most housekeepers experience more difficulty in canning and keeping vegetables than fruit.

This need not be if great care is taken to secure perfect cans, covers, and rubbers, and the vegetables are cooked thoroughly.

Whatever is to be canned should be sufficiently cooked to be eaten, and must be boiling when it is put into the cans.

The directions given for canning fruit (no. 761), should be followed in canning vegetables.

## <sup>770</sup> CANNED PEAS

Select fresh, young and tender peas. Shell and put on to cook in cold water; cook one hour until perfectly tender, add a little salt and fill the cans as directed for canning fruit (no. 761).

Seal and put away in a cool, dry, dark place. Or shell the peas and pack into perfect cans; filling them as full as possible; add cold water to overflowing, screw on the covers tight enough to prevent water from getting into the cans.

Place the cans in a steamer or boiler which has a rack on the bottom to prevent the glass cans from breaking, and take care not to let them come in contact with each other.

Fill the boiler with cold water to completely cover the cans; bring gradually, to a boil, and keep boiling steadily for four hours.

Remove from the fire, let the cans cool gradually, tightening the covers frequently as they cool. Set away in a cool, dry and dark place.

**771 CANNED CORN**

Select sweet corn just ripe enough for table use; run a sharp knife over each row length-wise, then scrape off with the back of a knife.

This way the hulls will all stay on the cob. Pack the corn in the cans as close as possible, so the milk will cover the corn and completely fill the can.

Screw on the covers and cook as directed for canning peas (no. 770).

**772 CANNED STRING BEANS**

Select young and tender beans, string them, and cut into inch pieces. Drop them into boiling water for a few minutes, remove and pack into cans or jars tightly, fill with cold water until every crevice between the beans is full.

Screw on the covers and cook as for canned peas (no. 770).

**773 CANNED ASPARAGUS.**

Select young and tender asparagus; wash and drain, fill in the jars or cans neatly, heads up, place in a steamer or boiler, cook forty-five minutes, then dissolve one tablespoon salt in one gallon of boiling water, fill the jars, screw on the covers and cook two hours longer.

**774 CANNED PUMPKIN AND SQUASH**

Pare, remove the seeds, and cut into pieces. Pack them into the jars or cans, add a little salt, and cook the same as canned peas (no. 770).

Or steam them, first cutting into small pieces and removing the seeds and rind.

Mash or put through a colander, add a little salt; reheat to boiling, then fill the cans and seal, or they may be filled and sealed and cooked for half an hour.

**775 CANNED BEETS**

Cook some small red beets in a sauce-pan as for the table. When tender rub off the skins (in a saucepan of cold water) and set into jars or cans; fill to overflowing with boiling water, adjust rubbers and covers, set in a steamer or double boiler and cook thirty minutes, then tighten the covers.

**776 CANNED SWEET POTATOES**

Take nice medium sized sweet potatoes and peel them, then cook in slightly salted water until nearly done. Let them cool, then pack in tins or jars, being careful not to break them, then adjust rubbers and covers, set in a steamer or double boiler, and cook thirty minutes, then tighten the covers.

**777 CANNED SPINACH**

Take nice tender spinach and wash thoroughly, drop in boiling salted water and boil five minutes. Remove from the water with a skimmer to remove all the water, then pack into cans or jars, then adjust covers, set in steamer or double boiler and cook one hour, then tighten the covers.

The spinach may also be cooked first and then put into jars the same as fruit if preferred.

# Sandwiches

## 778 SANDWICHES

In making sandwiches, as in all other foods, good results depend upon good material to work with. If raised bread is used as the foundation; it should be well baked and at least one day old, and the slices should be cut very thin. When wafers or rolls are used, they should be fresh. Almost any viands may be used in making something novel in the way of the ever popular sandwich.

Sandwiches should be very small and dainty, and always tastefully arranged on the dish. They may be made into a variety of shapes, as oblong, squares and triangles or cut into fancy shapes with cutters; such as stars, crescents and circles.

## 779 PROTOSE AND EGG SANDWICHES

1 tbsp. minced protose	Salt and celery salt to taste
1 tsp. lemon juice	1 hard boiled egg

Chop the egg fine or put through a colander, mix all together, then spread on thin slices of buttered bread, and cut into shapes desired.

A lettuce leaf may be put between the slices if desired.

## 780 FRUIT SANDWICHES

Prepare an orange jelly (no. 442) or lemon jelly (no. 444).

Mold in shallow tins of uniform size. Prepare a stiff marmalade of equal parts of figs and dates and English walnuts ground fine or pressed through a colander, and mixed with a little lemon juice.

Arrange the jelly and marmalade in alternate layers, having three layers of jelly and two of marmalade; serve with whipped cream or beaten meltose.

#### <sup>781</sup> PROTOSE SANDWICHES

$\frac{1}{4}$ cup minced protose	2 thin slices of bread
2 tbsp. sour salad dressing (no. 671)	1 lettuce leaf

Spread the bread with the salad dressing, and lay the two slices together; placing the lettuce leaf between the two slices of bread.

#### <sup>782</sup> FIG SANDWICHES

Spread thin slices of bread with butter, and place between them a layer of fig marmalade (no. 857) and serve.

#### <sup>783</sup> DATE SANDWICHES

Cut two slices of bread about one-fourth inch thick, and spread with dairy or nut butter; put between the slices a filling made by chopping fine some dates, moistened with water and lemon juice to form a paste.

#### <sup>784</sup> ONION SANDWICHES

Spread thin slices of bread with butter and then with very thin slices of onions between. Cut into any shape desired and serve at once.

#### <sup>785</sup> HONEY AND NUT SANDWICHES

$\frac{1}{2}$ cup honey	$\frac{1}{2}$ tsp. lemon juice
	$\frac{1}{2}$ cup finely chopped nuts

Mix all together to make a stiff paste. Spread on thin slices of buttered bread, place two together and cut into any shape desired.

**786 OLIVE AND EGG SANDWICHES**

2 hard boiled eggs	1 cup olives
2 tbsp. mayonnaise dressing.	

Put the egg through a fine colander and chop the olives very fine, then mix all together and spread on thin slices of buttered bread and cut into any shape desired.

**787 NUT AND OLIVE SANDWICHES**

$\frac{1}{2}$ cup rolled nuts	$\frac{1}{2}$ cup olives
1 tbsp. sugar	$\frac{1}{4}$ cup water

Chop the olives very fine, then boil the sugar and water together for five minutes and mix all together.

Spread on thin slices of buttered bread and cut into any fancy shape desired.

**788 DATE AND NUT SANDWICHES**

$\frac{1}{2}$ cup dates	$\frac{1}{4}$ cup rolled nuts
Chop the dates fine and mix with the nuts, then make	
the same as nut and olive sandwiches (no. 787).	

**789 DATE AND OLIVE SANDWICHES**

$\frac{1}{2}$ cup dates	$\frac{1}{2}$ cup olives
1 tbsp. sugar	$\frac{1}{4}$ cup water

Chop the olives very fine, then chop the dates fine and mix with the syrup as directed for nut and olive sandwiches (no. 787).

**790 EGG SANDWICHES**

3 hard boiled eggs	$\frac{1}{8}$ tsp. celery salt
1 tsp. lemon juice	Salt to taste
1 tsp. finely chopped parsley	

Chop the eggs or put through a colander, and mix with

the other ingredients; spread on thin slices of buttered bread, cut into any shape desired and serve.

#### **791 JELLY SANDWICHES**

Spread three thin slices of buttered bread with a liberal layer of good jelly; trim the edges, cut into fancy shapes and serve at once.

#### **792 NUT SANDWICHES**

$\frac{1}{2}$ cup minced protose	1 hard boiled egg
$\frac{2}{3}$ tsp. celery salt	$\frac{1}{2}$ tbsp. lemon juice
2 tbsp. chopped nuts	Salt to taste

Put the egg through a colander, then mix all the ingredients together; spread on thin slices of buttered bread, cut into any shape desired and serve.

#### **793 GERMAN SANDWICHES**

Spread thinly cut slices of buttered bread with jelly or marmalade and sprinkle with finely cut walnut meats. Cover with thin slices of bread, trim the edges, cut into any shape desired and serve.

#### **794 CALCUTTA SANDWICHES**

1 cup protose	$\frac{1}{4}$ tsp. celery salt
$\frac{1}{4}$ cup nuttolene	$\frac{1}{2}$ tsp. lemon juice
1 tbsp. nut butter	Salt to taste

Emulsify the nut butter in a little cold water until smooth; mince the protose and nuttolene fine, then mix all together.

Butter three thin slices of bread; spread the filling between the first two slices and a lettuce leaf and jelly between the next layer; cut into any fancy shapes desired and serve at once.

**796 FRUIT SANDWICHES**

$\frac{1}{2}$  cup date marmalade      2 tbsp. apple sauce

1 tbsp. peach marmalade       $\frac{1}{2}$  cup prune marmalade

Mix all together; then spread thin slices of bread with butter and the filling; use three slices.



# Nut Preparations

## 796 NUTS AND THEIR VALUE AS A FOOD

Nuts are usually described as a fruit, consisting of seeds enclosed in a hardy shell that does not open when ripe.

They are usually the fruit of shrubs or trees, but the tubers of some plants are also called nuts on account of their resemblance to the nuts in taste, and richness in fats.

Of all foods given to man nuts contain the most fat, and in a form much easier of digestion than animal fats, because the fats of animals are free fats and will not mix with water, but nuts freely mix with water and form an emulsion.

Nuts also contain other nutritious elements, such as proteid, carbohydrates, and salts. They are one of the most nutritious foods, and the one that most fully takes the place of meat in the system.

In nutritive value and digestibility nuts far exceed all flesh meats, and are not so likely to be diseased.

For example: Beefsteak has a total of 28 per cent nutrient, while peanuts have a total of 79 per cent nutrient.

In fact, one pound of peanuts is equal in nutritive value to more than two and one-half pounds of beefsteak.

Nuts contain but little starch, with the exception of the chestnut and the walnut.

## 797 PEANUT BUTTER

### Process no. 1.

Put a layer of peanuts about one-half inch deep in a dripping pan and place on perforated shelf in a moderate oven; sprinkle with a little water and allow them to bake

slowly for about an hour, or until they are a light brown or straw color.

Shake the pan or stir the peanuts every few minutes, or fill a tight covered dish about two-thirds full, place in the oven and shake occasionally. When cooked this way they are not so liable to burn and retain their flavor better.

When they are cooked sufficiently, spread out at once to cool, then blanch as follows: This can be done by rubbing them in the hands or a coarse bag, or a screen made of coarse wire; rub until their skins are loose.

The chaff can be removed by using a fan or by pouring them from one dish to another where the wind blows; look them over carefully, and remove the defective nuts and foreign substances.

Grind them through a meat chopper or nut butter mill (the Quaker City Mill is the best for family use).

#### Process no. 2.

Thoroughly heat the nuts in the oven, but do not let them brown, blanch as directed in process no. 1, and grind, then cook them in a double boiler or steam cooker from four to six hours.

Season with salt and use as preferred.

#### <sup>798</sup> NUT BUTTER FOR THE TABLE

Put some nut butter into a bowl and dilute with an equal quantity of cold water, adding a little at a time, beating it thoroughly with a fork until it is smooth and light.

It should be the proper consistency to spread nicely.

When mixed with water, nut butter will keep only a few hours. A little salt may be added if desired.

#### <sup>799</sup> COCOANUT BUTTER

Take a good, fresh cocoanut, break it in two, grate the center or white part fine; put in a sauce pan and cover well

with cold water, cook ten minutes after coming to a boil, then strain through a cloth napkin, pressing out all the liquid.

Set the water that has been strained, in a cool place, and the butter will rise to the top and harden.

When ready to use emulsify with a little water to the consistency desired.

#### <sup>800</sup> SALTED ALMONDS

Blanch almonds by putting them into boiling water, cover and leave in fifteen minutes, cool off the water, then the skins can be slipped off very easily, sprinkle the almonds with a little salt and a few drops of pure olive oil or melted butter.

Stir them well so that the salt and oil or butter will adhere to the almonds, place in the oven and brown very slightly.

#### <sup>801</sup> SALTED PEANUTS

Take some shelled peanuts and cover with cold water and drain. Then put in a granite pan, sprinkle with fine table salt, and bake in a moderate oven until they are perfectly dry and crisp.

#### <sup>802</sup> SALTED PINENUTS

Moisten the nuts with water, drain, and sprinkle with salt, mixing it in well. Then place in the oven until a golden brown.

# Food for the Sick

## 808 FOOD FOR THE SICK

There is no branch of the culinary art which requires more skill than that of preparing food for the sick and feeble.

The purpose of food is to supply material for repairing the waste which is constantly going on, therefore it should always be chosen with reference to its nutritive value. But during illness when the waste is much greater, and the vital powers less, the food should be of such a character as will supply the proper nutrition.

An article of food may contain all the elements of nutrition in such proportions as to render it a wholesome food for those in health, and not be a proper food for those who are sick, for the reason that the conversion into blood and tissue lays too great a tax upon the digestive organs.

Food for the sick should be palatable, nutritious, and easily assimilated. To discern what food will supply these requisites one must have a knowledge of dietetics and physiology as well as of the nature of the illness with which the patient is suffering. And such a knowledge ought to be part of the education of every intelligent person, especially the nurse.

There are no special dishes suitable alike for all cases. Hot buttered toast, tea, coffee, rich jelly, and other dainties so commonly served to the sick, are usually the very worst articles of diet of which they could partake. As a general rule elaborate dishes are not suitable. The simplest foods are always the best because they most readily assimilate.

Neatness and care in all the minute particulars of the cooking and serving of food for invalids will add much to

its palatableness. The clean napkin on the tray, the bright silver, dainty china plate, with perhaps a sprig of leaves and flowers on the tray, thinly sliced bread, toast, or crackers, and a bright cup partly filled with hot gruel or cereal, are far more appetizing to the invalid than coarse ware, and an overflowing cup of gruel, etc.

Foods which are ordered hot *must be served hot*, not merely warm when they reach the patient. The dish in which the food is to be served *must be hot*, put in the food, place on the tray, and serve at once.

In the preparation of food for the sick a scrupulously clean dish is of the first importance. Unless cleaned with the utmost care it will sometimes impart a sufficiently unpleasant flavor to the food to render it wholly unpalatable to an invalid.

#### <sup>804</sup> LIQUID AND SEMI-LIQUID FOODS

These simple foods, the basis of which is some grain, take an important place in the dietary for the sick if properly prepared.

But if improperly prepared are scarcely better than nothing at all.

Gruels, like other dishes prepared from grains, need a long continuous cooking. When done it should be the very essence of the grain, possessing all the nutritive qualities, but in such a form as to be readily assimilated.

#### <sup>805</sup> BARLEY GRUEL

1½ pt. water	½ tsp. butter
2 tbsp. pearl barley	

Have the water boiling, then add the barley, and cook from three to six hours, filling up with water as it boils away. Put through a fine colander, season with butter and salt to taste.

Milk or cream may be added if preferred.

<sup>806</sup> CORNMEAL GRUEL

3 tbsp. cornmeal	$\frac{1}{2}$ tsp. butter
	3 $\frac{1}{2}$ cup water

Have the water boiling, then stir in the cornmeal and cook from one to three hours, being careful not to let it stick to the bottom of the dish; or cook in a double boiler for about six hours, then add butter and salt to taste. Cream may also be added if preferred.

A quick way to make it; take some cooked cornmeal mush, thin down to the right consistency, season to taste and serve hot.

<sup>807</sup> GLUTEN GRUEL

1 pt. water.	3 heaping tbsp. 20 per cent gluten meal
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Heat water to boiling, then stir in the gluten and cook a few minutes until thickened; salt to taste and serve hot.

Milk or cream may also be used instead of water.

<sup>808</sup> GRAHAM GRUEL

2 cups water	$\frac{1}{3}$ tsp. butter
	$\frac{2}{3}$ cup graham flour

Heat water to boiling, then stir in the flour; cook a few minutes, then place in a double boiler and cook from two to three hours.

When done, strain, season with salt and serve hot.

<sup>809</sup> RICE GRUEL

3 tbsp. rice	1 pt. water
	$\frac{1}{2}$ tsp. butter

Heat water to boiling, then wash the rice well and add. Cook from twenty to thirty minutes; put through a colander, add enough water or cream to make it the consistency of rich cream; heat to boiling, add butter and salt to taste.

**<sup>810</sup> RICE FLOUR GRUEL**

1 pt. water	$\frac{1}{2}$ tsp. butter
	1 tbsp. rice flour

Heat water to boiling, then stir in the rice flour, cook for thirty minutes; then add butter and salt to taste.

A little cocoanut butter will improve it.

**<sup>811</sup> POTATO MEAL GRUEL**

1 pt. water	$1\frac{1}{2}$ tbsp. potato meal
1 tsp. salt	$\frac{1}{4}$ tsp. butter or cocoanut butter

Heat the water to boiling, then stir in the potato meal, and cook about fifteen minutes; add butter and salt to taste, and serve hot.

To make savory gruel, add celery salt, and a little onion juice, and a little tomato juice if preferred.

**<sup>812</sup> POTATO GRUEL**

1 cup water	$\frac{1}{4}$ tsp. butter
	2 tbsp. mashed potatoes

Mix water and potatoes well together, then add butter and salt to taste. Strain through a fine strainer and heat to boiling.

Milk may be used if preferred.

**<sup>813</sup> ALBUMENIZED GRUEL**

1 cup water	1 egg white
	2 tbsp. gluten meal

Heat the water to boiling, and stir in the gluten and cook a few minutes. Cool off a little, and pour over the beaten egg white.

**<sup>814</sup> ALBUMENIZED MILK**

1 cup milk	1 egg white
Heat the milk, then pour over the well beaten egg	

white, add a little salt if desired. It may also be made with cold milk if preferred.

#### <sup>815</sup> PROTOSE BROTH

1 pt. protose                    1 qt. cold water

Cut the protose into small pieces, boil in the water from one to three hours; then strain through a fine strainer, salt to taste and serve hot.

If preferred a little celery salt and thyme may be added.

#### <sup>816</sup> HOT MALTED NUTS

1 cup water                    3 tbsp. malted nuts

Heat the water to boiling, then sprinkle in the malted nuts; boil up well and stir to prevent lumping. May be served with or without salt as preferred.

#### <sup>817</sup> HOT MALTED MILK

1 cup water                    2 tbsp. Horlicks malted milk

Heat the water to boiling, then sprinkle in the malted milk, stir well and salt to taste. Do not boil after the milk is added, but serve at once.

#### <sup>818</sup> GRANOSE GRUEL

$\frac{1}{2}$  cup granose flakes                     $\frac{1}{4}$  tsp. butter  
1 cup cold water

Add the flakes to the water, and cook a few minutes; replenish the water as it boils away, put through a strainer, season with butter and salt to taste.

A little cocoanut butter may be added if preferred.

#### <sup>819</sup> TOMATO GRANOSE GRUEL

$\frac{1}{2}$  cup granose flakes                     $\frac{1}{4}$  tsp. butter  
1 cup tomato juice

Make the same as granose gruel (no. 818); using tomato juice instead of water.

#### <sup>820</sup> BARLEY WATER

1 tbsp. pearl barley	3 cups boiling water
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Have the water boiling, then add the barley, and cook a few minutes, then place in a double boiler and cook four hours; strain, salt to taste and serve hot or cold. This is a very nourishing drink.

#### <sup>821</sup> GRANOLA GRUEL

2 tbsp. granola	1 1/4 cups cold water
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Put the granola on the stove and cook in the water for half an hour or until the granola is soft. Put through a colander, and if the gruel is wanted very smooth, strain again through a strainer, salt to taste and serve hot.

#### <sup>822</sup> GRANOLA WATER

1 tbsp. granola	1 cup cold water
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Put the granola to soak in the water from six to twelve hours; strain and season to taste, or cook in a double boiler three hours, strain and season to taste.

#### <sup>823</sup> ALMOND MILK

1 cup water	1/4 tsp. white flour
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1/2 tbsp. almond butter	
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Dissolve the almond butter in the water; heat to boiling, add the flour—rubbed smooth in a little cold water.

Cook ten minutes; strain through a fine strainer, salt to taste and serve hot or cold.

#### <sup>824</sup> TOAST BROTH

1 cup cold water	1/2 tsp. butter
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2 slices whole wheat toast	
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Have the toast dark brown, but not scorched. Then put in a dish, add water and bring to a boil; strain and season to taste.

#### <sup>825</sup> OATMEAL GRUEL

2 tbsp. oatmeal                            1 pt. water

Heat the water to boiling, stir in the oatmeal, cook until it begins to thicken, then set in a double boiler and cook three or four hours; put through a fine strainer, salt to taste and serve hot.

#### <sup>826</sup> OATMEAL WATER

2 tbsp. oatmeal                            1 qt. cold water

Stir the oatmeal in the water, then put on to cook for half an hour from the time it begins to boil, filling up with water as it boils away; strain through a fine strainer, but do not mash.

Salt to taste and serve hot or cold.

#### <sup>827</sup> RICE WATER

2 tbsp. rice                                1 pt. cold water

Wash the rice well, put into a sauce pan with the water and boil half an hour. Strain off the water, salt to taste and serve hot.

#### <sup>828</sup> ALBUMEN WATER

1 cup water                                1 egg white

Pinch of salt

Heat the water to about 140 degrees F., and pour over the slightly beaten egg white, beating all the time.

Cold water may be used if that is preferred, and the salt omitted.

## Beverages

A beverage is any drink. Water, the chief of them all, is nature's beverage. Starchy beverages, such as rice, toast, and barley water, are given to reduce a laxative condition of the bowels. They are soothing to the alimentary canal.

Fruit beverages are cooling, refreshing, and slightly stimulating, and are valuable for the salts, acids, and sugar they contain. Pineapple juice is wholesome, and contains a ferment which possesses protein-digesting properties. Pineapple juice is often used with success in the treatment of diphtheria and sore throat.

Of all beverages, lemonade and orangeade are perhaps the most useful in the sick-room. These are agreeable, cooling, and refreshing in fevers, mildly diuretic, and beneficial in many ways.

### <sup>829</sup> LEMON-ADE

1 cup water	2 tsp. sugar
2 tsp. lemon juice	

Wash the lemons, squeeze the juice into a glass, strain so as to remove all seeds and particles.

Add sugar and cold or hot water as preferred, and stir until the sugar is dissolved.

### <sup>830</sup> ALBUMENIZED LEMON-ADE

$\frac{2}{3}$ cup water	1½ tsp. sugar
2 tsp. lemon juice	1 egg white

Mix lemon juice, sugar and water together, then pour over the slightly beaten egg white, stirring well; strain through a napkin, put in a glass and serve cold.

<sup>881</sup> EGG LEMON-ADE

2 tsp. lemon juice

2 tsp. sugar

2 eggs

 $\frac{1}{3}$  cup water

Mix the lemon juice, sugar and hot water together, then pour over the well beaten eggs, stirring well.

Put in a glass and serve at once. Fruit juice may be substituted for the lemon juice.

<sup>882</sup> ORANGE-ADE

3 tbsp. orange juice

 $\frac{3}{4}$  cup water

1 tsp. sugar

Mix the orange juice, sugar and water together, put in a glass and serve hot or cold. A little lemon juice and a little more sugar may be added if desired to have a little more tart flavor.

<sup>883</sup> EGG ORANGE-ADE

2 tbsp. orange juice

 $\frac{1}{3}$  cup water

1 tsp. sugar

2 egg whites

Mix the orange juice, sugar and water together, then pour over the well beaten eggs, stirring well.

Put in a glass and serve at once. Fruit juice may be substituted for the orange juice.

<sup>884</sup> PINEAPPLE-ADE $\frac{1}{2}$  cup water $\frac{1}{2}$  cup pineapple juice

2 tsp. sugar

1 tsp. lemon juice

Mix the juice, sugar and water together, put in a glass and serve hot or cold.

<sup>885</sup> GRAPE FRUIT-ADE $\frac{2}{3}$  cup water

3 tbsp. grape fruit juice

1 $\frac{1}{2}$  tsp. sugar

1 tsp. lemon juice if desired

Mix the juice, sugar and water together, then put in a glass and serve hot or cold as preferred.

**<sup>886</sup> FRUIT NECTAR**

1 qt. water	2 tbsp. lemon juice
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ cup grape juice
$\frac{1}{4}$ cup cherry juice	2 cups black raspberry juice

Mix lemon juice and sugar together, then add the fruit juice and water. Serve cold.

Various nectars and refreshing drinks may be made by mixing different kinds of fruit juices together.

**<sup>887</sup> GRAPE NECTAR**

1 $\frac{1}{2}$ cups grape juice	2 cups water
$\frac{1}{2}$ tbsp. lemon juice	$\frac{1}{2}$ cup sugar

Mix lemon juice and sugar together, then add grape juice and water.

Serve cold. If desired, the grated lemon rinds may be added, and before serving removed by straining.

**<sup>888</sup> HEALTH COCOA**

$\frac{2}{3}$ cup cream	2 tbsp. health cocoa
1 $\frac{1}{2}$ cups sugar	1 cup boiling water

Stir together well the cocoa and sugar, add the water and mix thoroughly, then add the cream, and boil about ten minutes.

**<sup>889</sup> BAKERS BREAKFAST COCOA**

1 tsp. cocoa	$\frac{1}{2}$ cup boiling water
1 tsp. sugar	$\frac{1}{2}$ cup cream

Stir together well the cocoa and sugar, add the water and mix thoroughly, then add the cream and boil ten minutes.

**<sup>840</sup> CARAMEL CEREAL**

1 tbsp. caramel cereal	1 $\frac{1}{2}$ cups cold water
Put the caramel cereal in the coffee pot and add the	

water; or it is best put in a small bag made of cheese cloth, tie up loosely so as to give it plenty of room to swell.

Cook slowly after it comes to a boil for at least thirty minutes, when it is ready to serve.

The strength and flavor of caramel cereal are developed by long boiling.

#### <sup>841</sup> CRUST COFFEE

1½ tbsp. crust coffee	1 cup boiling water
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Brown slices of whole wheat bread in the oven until hard and a dark brown; then grind through a mill.

Put the required amount in the coffee pot and add the water; steep a few minutes, strain and serve.

#### <sup>842</sup> CEREAL COFFEE

2 cups wheat bran	1 cup cornmeal
½ cup oatmeal	Pinch of salt
1 tsp. butter	½ cup molasses

Mix cornmeal and molasses together, then mix all thoroughly; spread out thin in a pan and brown in the oven until a dark brown, then grind through a mill.

Put two tablespoons for each cup of water in the coffee pot, and boil from fifteen to thirty minutes.

#### <sup>843</sup> GRAPE JUICE

Select good ripe grapes, stem and wash them well; add a little water and bring slowly to a boil, strain and return to the fire, boil up again and sweeten to taste.

Pour the boiling juice into well sterilized cans or bottles and seal immediately. The sugar may be omitted if desired.

Other fruits, such as strawberries, currants, cherries, plums, raspberries or cranberries may be treated the same way.

## Egg-Nogs

### 844 PLAIN EGG-NOG

2 eggs	$\frac{1}{2}$ tsp. sugar
A few grains of salt	Flavor to taste

Add sugar, salt and flavor to the eggs, beat until stiff, put in a glass tumbler and serve at once.

The eggs may be separated and put in layers or rings in the glass if desired.

### 845 ORANGE EGG-NOG

2 eggs	2 tsp. orange juice
1 tsp. sugar	A few grains of salt

Make the same as plain egg-nog (no. 844). Using orange flavor.

### 846 LEMON EGG-NOG

2 eggs	$1\frac{1}{2}$ tsp. sugar
1 tsp. lemon juice	A few grains of salt

Make the same as plain egg-nog (no. 844). Using lemon flavor.

### 847 MILK EGG-NOG

1 egg	$\frac{1}{2}$ tsp. sugar
3 tbsp. milk or cream	A few grains of salt

Lemon or vanilla flavor to taste

Add sugar and salt to the eggs, beat until very light, stir in the milk and flavor, and serve at once.

### 848 FRUIT EGG-NOG

1 egg	3 tbsp. fruit juice
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Make the same as milk egg-nog (no. 847). Using fruit juice instead of milk.

**849 SNOW EGG-NOG**

2 egg whites                       $\frac{1}{2}$  tsp. sugar  
A few grains of salt              Flavor to taste

Add salt to the eggs, beat until very light, then stir in the sugar and flavor.

Pile up in a glass tumbler and serve at once. Very nice with orange juice or meltose.



## Jellies and Marmalades

### <sup>850</sup> CRANBERRY JELLY

Look over and wash clean one quart of good cranberries; cover with boiling water, cover the dish and let stand five minutes, then drain, and cook in a small quantity of water, let them boil only five minutes. Put through a colander, then through a fine strainer to remove the seeds.

Put on the stove, and when it comes to a boil, add equal parts of sugar and cook eight minutes after it comes to a boil. Put in jelly glasses, or jars and seal.

If a clear jelly is desired, strain the berries instead of putting them through a colander and use only the juice for jelly.

### <sup>851</sup> GRAPE JELLY

Select good ripe grapes, stem and wash them well; add enough water to half cover them, bring slowly to a boil, strain, then return to the fire, and cook until it jellies, which should take only a few minutes.

It is always best to heat the sugar in the oven before adding.

Pour out in jelly glasses or glass jars and seal.

### <sup>852</sup> APPLE JELLY

Select good tart apples, remove the stems and blossom ends, wash, quarter, but do not pare or core, and put to cook in a porcelain kettle with a very little water.

Cook slowly until tender, then strain through a jelly bag; return the juice to a clean sauce pan; boil for half an hour, then add two parts of sugar to one part of juice.

Boil until it sinks to the bottom when dropped in cold water. Pour in glass jars and seal.

**853 CRAB-APPLE JELLY**

Make the same as apple jelly (no. 852), using crab-apples instead of apples.

**854 Currant Jelly**

Pick the currants over; put in a kettle with enough water to half cover them, cook a few minutes, or until reduced to half its quantity, add equal parts of sugar and boil fifteen minutes more, skimming off all skum that may rise to the top.

It is best to have the sugar hot before adding. Pour into glasses while hot or seal in glass jars like canned fruit.

**855 STRAWBERRY OR RASPBERRY JELLY**

Clean the berries, wash and put in a granite kettle with water enough to half cover them; bring to a boil, then drain through a jelly bag. Put the juice on the fire and boil until reduced to half its quantity, then add equal parts of sugar, and boil fifteen minutes more, or until it sinks to the bottom when dropped in cold water.

Skim off all skum that may rise to the top. Pour into glasses, while hot, or seal in jars like canned fruit.

**856 STRAWBERRY JAM**

Clean the berries, wash and put in a stew kettle with equal parts of sugar and a very little water; boil for half an hour, removing all skum that may rise to the top.

Put in glass cans, seal and keep in a cool place.

Raspberries, currants, blackberries, or any other berries may be prepared in the same way.

**857 FIG MARMALADE**

Take nice and good figs, cut off the stems and defects; wash well, put in a stew pan, cover with hot water and

gently stew until tender, and the water has all cooked away, then put through a colander.

Use for sandwiches, or in any way desired. A little sugar or meltose may be added if desired.

#### <sup>858</sup> DATE MARMALADE

Take nice dates, wash in cold water, put in a stew pan, cover with hot water and gently stew until tender and the water has all cooked away, then put through a fine colander, and serve in any way desired.

If desired to have them a little sweeter, add a little sugar or meltose.

#### <sup>859</sup> ORANGE MARMALADE

1 doz. oranges	1 qt. sugar	1 lemon
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Measure the juice and add enough water to make a quart and a half of liquid. Put into a stone vessel, cover and let stand all night.

The oranges and lemons should be sliced and seeded before adding to the liquid in preserving kettle, bring slowly to a boil and simmer until the peel is tender; now add the sugar and boil until the skin looks clear. Take from the fire, and when cool, pour into glasses.

#### <sup>860</sup> PRUNE MARMALADE, NO. 1

2½ lbs. prunes	Juice of 2 lemons
1 cup sugar	6 large cooking apples

Pare the apples, plunge in cold water, then put over the fire with the lemon juice and sugar; taking care that there is sufficient water to keep them from burning.

Pour scalding water over the prunes, then wash thoroughly in cold water. Cover with cold water and soak over night; in the morning put on the stove (in the same water they were soaked in) and cook slowly from two to six hours

until perfectly tender (not mushy) and a rich syrup forms.

Put through a colander, and add to the apples; heat to boiling, then put in glasses or jars and seal or use.

#### <sup>861</sup> PRUNE MARMALADE, NO. 2

Prepare and cook prunes as directed in recipe (no. 745), drain off all the juice, then put the prunes through a colander, add a little sugar if desired and serve.

#### <sup>862</sup> FRUIT MARMALADE

1 cup apples	1 cup peaches
1 cup cranberries	$\frac{1}{2}$ cup prunes
1 qt. sugar	1 tsp. lemon juice

Cook the fruit, then put through a colander; mix all together, put in a stew pan and cook down to nearly half its quantity and of a dark brown color.

Put up in glass cans and seal or use as preferred. Very nice for sandwiches.

# Confectionery

## \*<sup>63</sup> COCOANUT CANDY

1 cup coarse grated cocoanut	2 tbsp. water
1 cup granulated sugar	A few drops lemon flavor

Dissolve sugar in the water; let it come to a boil, then stir in the cocoanut and flavor, stir and let it boil until it becomes hard when dropped in cold water.

Pour in a buttered pan and cut into the desired forms before it becomes hard.

## \*<sup>64</sup> PEANUT CANDY

2 tbsp. water	1 cup slightly roasted peanuts
2 tbsp. butter	1 cup brown sugar
	1 cup granulated sugar

Clean the peanuts carefully of their thin husks, and spread in a buttered pan; then cook sugar, water and butter together until it threads or becomes hard when dropped in cold water.

Stir briskly for a minute, then pour over the peanuts about an inch deep. Before it is entirely cool, cut into the desired squares with a large knife or candy cutter.

## \*<sup>65</sup> BUTTER SCOTCH

1 cup sugar	$\frac{1}{4}$ cup molasses
$\frac{1}{2}$ cup butter	1 tbsp. lemon juice
	2 tbsp. boiling water

Boil together until it becomes brittle when dropped in cold water.

Pour into a buttered pan; when slightly cool, mark with a sharp knife in squares. Flavor with vanilla if desired.

<sup>866</sup> CHOCOLATE CARAMELS

1 cup milk	$\frac{1}{2}$ cup cream
1 pt. sugar	1½ tbsp. grated chocolate

Mix all together, stir until melted, then cook until the mixture hardens when a little is dropped in cold water.

Pour into a buttered pan and mark in squares when almost cold.

<sup>867</sup> POP-CORN CANDY

2 cups sugar	2 tbsp. butter
1 cup water	3 qts.. popped corn

Mix water, sugar and butter together in a sauce pan, and boil until the syrup threads.

Mix in the popped corn, stir, take from the fire, and stir until cool; make into balls, or pour out into a buttered pan before it is cool, and when nearly hard cut into squares.

<sup>868</sup> PULLED TAFFY

$\frac{1}{2}$ cup water	2 cups white sugar
1 tsp. butter	2 tbsp. lemon juice

Boil the sugar and water without stirring until it hardens when dropped in cold water, add the butter and lemon juice just before it is done.

Flavor with lemon or vanilla extract, then pour into buttered soup plates, when cool enough to handle pull until it is white and hard.

Cut into pieces as desired.

<sup>869</sup> CHOCOLATE FUDGE

1 cup sugar	2 squares chocolate
2 egg whites	$\frac{1}{2}$ cup cream
$\frac{1}{2}$ tbsp. butter	$\frac{1}{4}$ tsp. vanilla

Mix all together; boil ten minutes or until it holds well together when dropped in cold water.

Remove from the fire, flavor, pour over the beaten eggs,

then beat about five minutes until thick and creamy; put into an oiled pan and set away to cool.

Before it is hard cut into any size pieces or squares desired. The eggs may be omitted.

#### <sup>870</sup> CANDIED FRUIT

To candy fruit for immediate use, make a syrup which will crackle in a glass of cold water.

Dip each piece of fruit with a fork into the taffy, then drop into a plate of powdered sugar. Use a spoon to dip juicy fruit.

When you wish to keep it for some time, put a layer on waxed paper and sprinkle thickly with granulated sugar.

Place in the sun to dry. When dry make a syrup as before; add the fruit and stir with a wooden spoon until the syrup begins to grain and stick to the fruit.

When cold, sift sugar over, and dry again. Put sheets of waxed paper between each layer and on top.

#### <sup>871</sup> GLAZED GRAPES

$\frac{1}{2}$ cup water	1 tbsp. sugar
	1 tbsp. lemon juice

Boil the water and sugar to a syrup. Do not stir; when a little is brittle in iced water, take from the fire and set in the inner vessel of a double boiler, having boiling water in the outer vessel, then add the lemon juice.

Run a stiff straw or a thin wire through each grape and dip each into the syrup, then lay on waxed paper to dry.

#### <sup>872</sup> CHOCOLATE MACAROONS

2 egg whites	3 tbsp. sugar
3 tbsp. flour	$\frac{1}{4}$ tsp. vanilla
	1 tsp. powdered chocolate

Beat the eggs to a stiff froth, add sugar and vanilla; then fold in the flour, and last of all add the chocolate, stirring as little as possible.

Put on an oiled pan in teaspoonfuls so they will not touch each other, and bake in a medium hot oven for fifteen minutes.

#### <sup>878</sup> NUT BROMOSE

1 cup malt extract or meltose	1 cup gluten meal
$\frac{1}{2}$ pound seeded raisins chopped fine	
2 cups peanut butter	

Mix well together, then roll out one half inch thick and cut in one inch squares.

#### <sup>874</sup> FIG BROMOSE

1 cup stewed figs	$\frac{1}{4}$ cup peanut butter
1 cup gluten meal	$\frac{1}{4}$ cup meltose

Mix well together (the figs should be put through a colander). Then knead thoroughly, roll out one half inch thick and cut in one inch squares and serve.

## Miscellaneous

### <sup>875</sup> KITCHEN HINTS

Do not litter up a kitchen any more than you can help while getting a meal. It will take hours to straighten up after the meal is over.

Do not lay a greasy spoon on the table; but lay it on a plate or in a dish. It will leave a stain that will take hard work to remove.

Do not pour boiling water over china that is piled in the dish pan; for it is apt to crack from sudden contraction and expansion.

Do not use knives for scraping pots and pans if you have any respect for either knives or pans.

Do not pour boiling water and soap on greasy spots; but moisten them first with a cold saturated solution of soda, then scrub them with cold soap-suds.

Do not crumple up your dish towels. Rinse them and hang them in the sun or a place where they will dry.

### <sup>876</sup> PREVENTION OF COOKING ODORS

Odors from cooking can be prevented to a great extent by tying up in a linen bag a lump of bread about the size of a large egg, and placing it in the pot with the boiling onions, greens, etc.

This will absorb the gases which oftentimes send such an offensive odor to the regions above.

A few pieces of charcoal put in the pot will also stop the unpleasant odor which generally fills the house when green vegetables or onions are cooked.

**877 HOW TO KEEP BREAD**

Bread can always be kept well in a closed tin. Another way to keep it is to sprinkle each loaf with flour and then tie them up in paper bags, which are hung on hooks in the pantry or store room.

When ready to use, brush off the flour and rub with a soft cloth wet in cold water, then place in the oven for five minutes if desired to have it fresh.

**878 HOW TO FRESHEN CUT BREAD**

Bread that has been cut into slices and become stale may be freshened by laying the slices together and folding in a paper bag and placing in a hot oven for fifteen minutes.

**879 HOW TO PREPARE LIME WATER**

2 qts. water	2 cups unslaked lime
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Put the water into a jar and put in the lime; then cover the jar and let the lime settle over night.

In the morning, draw the water off the top, being careful not to move the jar so as to mix the particles of lime with the water.

**880 HOW TO CLEAN FURNITURE**

White spots on furniture are caused by heat, which sears the varnish. They will disappear if rubbed first with oil and then with slightly diluted alcohol.

**881 REMEDY FOR SCORCHED FOOD**

If in cooking an article of food, it becomes slightly scorched, and the pan containing it is set at once in a basin of cold water, its flavor will not be injured.

**882 HOW TO KEEP SILVERWARE**

Unused silverware will keep bright if laid away in a box of flour.

**<sup>883</sup> HOW TO REMOVE A GLASS STOPPER**

Pour hot water over the neck of the bottle. The heat causes the glass to expand, and it then being considerably larger than the stopper, readily releases the latter.

**<sup>884</sup> HOW TO BROWN RICE**

Spread a pint of rice on a shallow baking tin, put in a moderately hot oven, and brown until the kernel is of a yellowish brown, or straw color.

It will be necessary to stir the rice frequently to prevent burning and to secure a uniformity of color.

**<sup>885</sup> HOW TO BROWN FLOUR**

Spread white flour in a pan about one-third of an inch thick, put in a medium hot oven, and brown until it is of a yellowish brown, or straw color, throughout.

It will be necessary to stir the flour often to prevent burning and secure uniformity of color.

It will keep almost indefinitely in clean jars.

**<sup>886</sup> TOASTED BREAD CRUMBS**

A good way to use up your pieces of stale bread is to toast them in the oven until dry and brown; then grind through a mill, or crush them with a rolling pin.

Keep in a glass jar, cover until needed. Excellent for roast or to cover anything that has to be dipped in eggs.

Broken crackers may be used in the same way.

**<sup>887</sup> HOW TO CLEAN SILVERWARE**

Rub with soft leather or chamois and prepared chalk and pure water. Soap will dull the lustre of silverware.

**<sup>888</sup> HOW TO CLEAN CUT GLASS**

After washing cut glass articles, let them dry, and rub with prepared chalk and a soft cloth or a brush.

**889 HOW TO REMOVE PAINT OR VARNISH**

Oil of turpentine or benzine will remove spots of paint, varnish, or pitch from white or colored cotton or woolen goods.

After using it, they should be washed in soapsuds.

**890 HOW TO MAKE ZWIEBACK**

Zwieback or twice-baked bread is one of the most wholesome foods when properly made of good sweet bread.

Toast or zwieback made by simply browning fresh slices of bread before a hot fire is not wholesome. When made in this manner, the inner part of the slice will be in the same condition as if it were new bread, and will, consequently, be difficult to digest.

To make good zwieback, the slice should be cut about one-half inch thick. Toast in a slow oven until it is thoroughly dried out; then increase the heat for a few minutes until it is a golden brown.

At this point it needs careful watching, for being dry it will burn quickly. Zwieback can be kept indefinitely in a dry place, and by simply reheating is always ready for use.

**891 HOW TO PRESERVE THE COLOR OF GREEN VEGETABLES**

A lump of sugar put in to boil with green vegetables will preserve their color and improve their flavor, especially that of green peas.

**892 HOW TO CLEAN TINWARE**

Dampen a cloth, dip in soda, rub the ware quickly, after which wipe dry.

**893 TO FRESHEN TASTELESS NUTS**

When nuts become dry and tasteless from being kept for some time, they may be freshened by soaking them in lukewarm water.

This applies to all sorts of nuts, and it is surprising to see how they are improved.

#### <sup>894</sup> TO TEMPER A LAMP CHIMNEY

To temper lamp chimneys, put them in cold water, bring to a boil, and let the water cool.

#### <sup>895</sup> CARAMEL

1 cup sugar	$\frac{1}{3}$ cup water
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Put the sugar in a pan and heat until dissolved and a real dark brown, but not burned; add the boiling water, and cook a few minutes until the consistency of syrup.

#### <sup>896</sup> TO CLEAN KNIFE HANDLES

Half a lemon dipped in salt and rubbed on discolored ivory knife handles will restore them to their original whiteness.

After doing this, wash the knives in hot water.

#### <sup>897</sup> HOME-MADE GRANOLA

2 qts. flour	$\frac{1}{2}$ cup white cornmeal
1 pt. oatmeal	Salt to taste

Water enough to moisten

Mix dry, then mix into a stiff dough, roll out thin, cut in strips, and bake to a golden brown.

Then grind through a mill or food chopper quite coarse, when it is ready for use.

#### <sup>898</sup> TO HULL CORN

2 gal. water	1 tbsp. concentrated lye
3 qts. white corn	

Dissolve the lye in the water, add corn, and boil until the hulls will rub off. Wash and rub in several clear waters until the hulls are all off.

Then put on to cook in cold water, and parboil several times, until all the lye is boiled out. Put to cook in boiling water; cook for twelve hours in a double boiler.

#### 899 BROWN ONION FLAVOR

2 onions              1 tbsp. butter              1 cup water

Chop the onions fine and put in a pan with the butter. Put in the oven or over a slow fire until the onions are dark brown, then add the water and let cook for thirty minutes. Strain through a fine strainer and use for flavoring soups and gravies.



# Demonstrations in Cooking

## <sup>900</sup> DEMONSTRATIONS IN COOKING

It is often desirable to give instruction in cooking, at small expense, to a large group of women. Without doubt, beginners in cooking will get much more from a lesson in which the actual work, from start to finish, is done by each individual, but the cost of material and equipment for such work is often impossible and the demonstration is decided as the next best thing.

A certain number of dishes are prepared in the presence of a group of women, who are thus enabled to go home and prepare these and similar dishes intelligently. If more demonstrations are given at any one place, the classes can be graded and the subjects prepared in a more scientific manner.

The demonstrator must try to adapt her work to the needs of each one present,—young girls without any experience in cooking, women who have no knowledge of food values, graduates of domestic schools, and women with no incentive but to get something in fancy cooking.

The demonstrator, having everything in readiness beforehand, must combine the ingredients in the several dishes accurately; she must watch carefully over the cooking; while her talk, explanatory of the various processes, must be constant and of sufficient interest to hold the attention of the audience. No one who is not quick of hand and alert of mind can expect to succeed as a demonstrator.

## <sup>901</sup> EQUIPMENT NECESSARY

\* The equipment best suited for giving a view to the greatest number of people is where the table and stove of the demonstrator are on the floor and the seats are raised.

one above the other, around the front and sides.

The table behind which the demonstrators stand should be small, and it should hold nothing but the articles needed for the dish that is being prepared.

At the right of the demonstrator, and well forward, should stand the stove, with oven opening directly in front of the audience. A second table at the back of the demonstrator is desirable; upon this should be placed the utensils and materials needed for the dishes to be prepared later in the demonstration. These should be disposed in groups, all the articles belonging to any one dish being grouped together, and in such manner that they may be set before the demonstrator with the fewest possible trips between the tables.

When possible, especially if demonstrations are to be given daily for a week or more, a refrigerator in the background, near the table of supplies, will be found most helpful.

#### <sup>902</sup> SUBJECTS FOR DEMONSTRATIONS

Have a subject; then let the dishes prepared be such as will illustrate the subject by preparing the dishes. In the first dish, keep close to the ideas set forth in the definition, then illustrate by giving variations from the main idea. When all the dishes are prepared, give a short review of the main points or principles taught or illustrated, and emphasize the points in each dish upon which a successful result depends.

Such subjects as Bread, Soups, Salads, Entrees, Sandwiches, and Desserts are each more than sufficient for a complete demonstration, but sometimes the attention of a mixed or ungraded audience can be held more closely if the subject chosen be such as will include the presentation of dishes of a more diversified character.

As a rule, emphasize principles, not recipes; teach in

such a manner that as large a proportion of the audience as possible may be able to formulate other recipes of the same class, with different ingredients from those you have used. Though you do not teach recipes, you must know the list of ingredients and the quantity to be used in any dish. The proportions of liquid and thickening for sauce, a batter, or a dough, or the amount of seasoning for a cup or a pint, once learned can easily be remembered.

The demonstrator should be able to prepare the dish without giving too close attention to the process; be able from much experience to do the work almost automatically, for you must be able to talk while the hands are occupied.

Study the main subject and the various secondary subjects from every side. You must be filled with the subject, and have so trained the memory that the sight of certain articles of food, certain dishes and methods of procedure, will stimulate the mind to recall interesting and helpful suggestions in regard to each.

#### **\*<sup>903</sup> PREPARATION OF MATERIALS BEFOREHAND**

To insure rapid completion of the work, prepare in advance, as far as possible, the various ingredients used. Have all tedious processes completed in advance; show how each is done, and have some of the finished product passed around the class, while you go and complete the dish.

#### **\*<sup>904</sup> ORDER OF WORK AND TIME OF DEMONSTRATION**

Begin the lesson with the preparation of the dish that takes the longest time to cook, or in case of some fruit ices or gelatine desserts. The number of dishes that may be prepared in a demonstration depends on the time required for each and the length of time to be given to the demonstration. It is better to have the demonstration too short than too long.

**905 BALANCING MEALS**

Most housekeepers give up in despair when a suggestion concerning food values is mentioned to them. Many seem to feel that it is a subject too scientific for the untrained to understand, requiring the chemist or physiologist to interpret. But the progressive housekeeper who seeks to advance at every opportunity will wish to know if she can do better by understanding the fundamental principles governing the proper selection and combination of foods.

Activity necessarily makes two demands: material to build up and repair the wear and tear caused by this activity, and fuel to burn, making activity possible by the transformation of heat into energy or power to do work. A distinct repairing material, mainly proteid or protein, found abundantly in meat, eggs, legumes (peas, beans, and lentils), milk, nuts, and cheese; and two distinct groups, namely, carbohydrates (starch and sugar) and fats, furnishing fuel for our activities, are needed. The carbohydrates and fats are both fuels and are interchangeable, but we draw from both sources.

A properly balanced meal must furnish protein (building material) and carbohydrates and fats (fuel material). A diet containing pure protein, fat, and carbohydrates would cause starvation in a short time. A balanced diet must contain mineral salts, yielding an abundant supply of iron, phosphorus, calcium, magnesium, and potassium. Another thing to consider in planning our menus is to supply bulk. While there is little or no real food value in this, its function is important in regulating the digestive and the eliminative processes of the body. Fresh fruits and green vegetables are the chief sources for this filling material.

**906 CHEMICAL LEAVENINGS**

The use of chemicals is not to be recommended, because they always consist of a combination of baking soda (sodium bicarbonate) and an acid. The acid may be cream of tartar,

tartaric acid, an acid phosphate, lactic acid of sour milk, hydrochloric acid, fruit acid, or alum compounds. Baking powders always contain soda and an acid, and are of three classes: cream of tartar, acid phosphate powder, and alum powder; the alum powder being the most injurious. Soda and cream of tartar produce Rochelle salts; soda and an acid phosphate produce sodium neutral phosphate; and soda and hydrochloric acid produce sodium chloride (common salt). The combination of soda and hydrochloric acid is doubtless the least objectionable of any of the salts produced, but great care must be exercised in the use of it, as it is a poison when not combined. The hydrochloric acid must be chemically pure (marked C. P.), exact measurements being used, so that the soda and acid may be perfectly neutralized. One level teaspoonful of soda is neutralized by eighty minims of hydrochloric acid.

#### **907 FOODS RICH IN PROTEIN AND FAT**

Almonds, pinenuts, fish, milk, eggs, cheese, meat,—furnishing tissue-building material and fuel.

#### **908 FOODS RICH IN PROTEIN AND CARBOHYDRATES**

Peas, beans, lentils, peanuts, milk, wheat, oatmeal,—furnishing tissue-building material and fuel.

#### **909 FOODS RICH IN FATS**

Butter, cream, egg yolks, butternuts, ripe olives, vegetable oils,—furnishing fuel.

#### **910 FOODS RICH IN CARBOHYDRATES**

Sugar, candy, honey, molasses, ripe fruit, starchy vegetables, such as potatoes, corn, cereals,—furnishing fuel.

#### **911 FOODS SUPPLYING MINERAL MATTER**

*Iron.*—Spinach, egg yolks, beef, dried peas, dried beans, lentils, whole wheat, prunes, raisins, apples, cabbage, strawberries, oats, potatoes, lettuce.

*Calcium*.—Milk, dried peas, dried beans, celery, cabbage, parsnips, citrus fruit.

*Magnesium*.—Meat, peas, beans, milk, prunes.

*Phosphorus*.—Meat, milk, egg yolks, whole wheat, dried peas, dried beans, baked potatoes.

*Potassium*.—Potatoes, parsnips, cabbage, turnips, apples.

#### <sup>912</sup> STARCHLESS VEGETABLES

Artichokes, beets, brussels sprouts, carrots, celery, cucumbers, kohl-rabi, leeks, okra, onions, rutabagas, squash, turnips, tomatoes.

#### <sup>913</sup> STARCHLESS AND SUGARLESS VEGETABLES

Asparagus, string beans, cabbage, cauliflower, eggplant, endive, lettuce, salsify, radishes, spinach and all greens, tomatoes, celery, onions.

#### <sup>914</sup> DIGESTIBILITY OF VARIOUS FOODS

	Hr. Min.		Hr. Min.
Rice.....	1.00	Mutton, roasted.....	3.15
Sago .....	1.45	Mutton, broiled.....	3.00
Tapioca.....	2.00	Veal, broiled.....	4.00
Barley.....	2.00	Veal, fried.....	4.30
Milk, boiled.....	2.00	Fowls, boiled.....	4.00
Milk, raw.....	2.15	Duck, roasted.....	4.30
Venison, broiled.....	1.35	Butter, melted.....	3.30
Turkey, roasted.....	2.30	Cheese.....	3.30
Turkey, domestic, boiled..	2.25	Soup, marrowbones .....	4.15
Goose, roasted.....	2.30	Soup, beans .....	3.00
Lamb, broiled .....	2.30	Soup, Mutton.....	3.30
Eggs, hard boiled.....	3.30	Corn and Beans, Green .....	3.45
Eggs, soft boiled.....	3.00	Chicken Soup, Boiled.....	3.00
Eggs, fried.....	3.30	Beans, pod, boiled.....	2.30
Eggs, raw.....	2.00	Bread, wheaten .....	3.30
Eggs, whipped .....	1.30	Bread, corn .....	3.15
Trout, boiled .....	1.30	Apples, sour mellow, raw,..	2.00
Salmon, salted, boiled.....	4.00	Apples, sweet mellow raw..	1.30
Oysters, raw .....	2.55	Parsnips, boiled.....	2.30
Oysters, stewed.....	3.30	Beet, boiled .....	3.45
Beef, lean, rare roasted....	3.00	Turnips, flat, boiled.....	3.30
Beefsteak, broiled.....	3.00	Potatoes, Irish, boiled .....	3.30
Beef, lean, fried.....	4.00	Potatoes, Irish, baked.....	2.30
Beef, salted, boiled.....	4.15	Cabbage, raw .....	2.30
Pork, roasted.....	5.15	Cabbage, boiled.....	4.30
Pork, salted, fried.....	4.15		

## \*15 TIME TABLE FOR COOKING

Apples, baked, sour, 30 m., medium hot oven  
 Apples, baked, sweet, 2-3 hrs., medium hot oven  
 Asparagus, 20 m., boiling  
 Beets, 1½-3 hrs., boiling  
 Bread rolls, 25 m., quick oven  
 Carrots, 3 hrs., boiling  
 Cauliflower, 20 m., boiling  
 Cookies, 8 m., moderate oven  
 Corn, green, 15-20 m., boiling  
 Cornmeal, 1 hr., direct boiling  
     4 hrs. in double boiler  
 Cream of wheat, 30 m., direct  
     boiling  
     2 hrs. in double boiler  
 Custard pudding, 30-45 m., medium oven  
 Custard in cup, 30 m., moderate  
     oven  
 Dried beans, 2½-3 hrs., boiling  
 Egg plant, baked, 30 m., hot oven  
 Eggs, soft, 3-4½ m., just below  
     boiling  
 Eggs, hard, 30-60 m., just below  
     boiling  
 Eggs, medium, 5-10 m., just be-  
     low boiling  
 Escalloped dishes (already  
     cooked), 15-20 m., quick oven  
 Escalloped dishes (uncooked),  
     40-60 m., medium oven  
 Gems and muffins, 25 m., fairly  
     quick oven  
 Loaf cake, 40-60 m., moderate  
     oven  
 Macaroni, 15-20 m., boiling  
 Onions, 2½-3 hrs., boiling  
 Parsnips, 45-60 m., boiling  
 Peas, 30-50 m., boiling  
 Potatoes, 30-45 m., boiling  
 Potatoes, baked, 45-60 m., quick  
     oven  
 Rice, 20-30 m., boiling  
 Rolled oats, 45 m., direct boiling  
     2-3 hrs. in double boiler  
 Rolls and biscuits, 15-20 m.,  
     quick oven  
 Sago, 45 m. in double boiler  
 Salsify, 2 hrs., boiling  
 Spinach, 30 m., boiling  
 Squash, 1-1½ hrs., boiling  
 String beans, 2½ hrs., boiling  
 Sweet potatoes, baked, 45 m.,  
     quick oven  
 Tapioca, 1½ hrs. in double boiler  
 Tomatoes, 20 m., boiling  
 Turnips, 1½-2 hrs., boiling

## DIET IN SPECIAL DISEASES

\*16 *Stomach Troubles.*—The secret of good digestion lies largely in the proper cooking and mastication of foods which have been wisely selected and combined. Milk and acid fruits are a bad combination and should not be taken together. Regular hours for meals should also be observed, if one wishes to avoid stomach trouble. Simplicity of diet should be a point of first consideration with all persons that wish to enjoy good health. While a variety of well-cooked, nutritious food from day to day is necessary to enjoy the best of health, too great a variety at one meal is a constant temptation to overeat, and is sure to cause trouble in the

end. Three or four kinds at one meal are plenty. Persons with weak digestion should avoid eating fruits and vegetables at the same meal. We should not eat our food too hot nor too cold. Cold retards digestion, and too great heat is debilitating to the stomach.

#### <sup>917</sup> DIABETIC DIET

Persons suffering with diabetes should exclude from their dietary all sugars and starches, and are allowed only a limited quantity of fat.

##### *Foods Recommended*

Asparagus, string beans, cauliflower, egg-plant, endive, lettuce, salsify, radishes, spinach, beet greens, dandelion greens, eggs in any shape, tomatoes, nut preparations, sour fruit (without sugar), English walnuts, bran gems, bran mush, skim milk, yogurt, buttermilk, cottage cheese, peanuts, grapefruit, limes.

#### <sup>918</sup> CONSTIPATION

The simplest remedy is the increase of water in the dietary, especially cold water, on rising in the morning and on retiring in the evening, and coarse foods that contain a large amount of cellulose.

##### *Foods Recommended*

Prunes, dates, figs, oranges, onions, bran gems, butter, olive oil, olives, grapes, peaches, bananas, parsnips, raisins, pumpkin, grapefruit, tamarinds, celery, spinach, oatmeal, bran bread, graham bread, buttermilk, lettuce, cabbage, turnips, cream, baked apples, watermelon, okra, pears, squash, cranberries.

#### <sup>919</sup> RHEUMATISM

Exclude all foods from the diet that give rise to uric acid in the system, all foods rich in extractives, and all

stimulating foods, such as alcohol, tobacco, beef, tea, coffee, and sweet breads.

*Foods Recommended*

Cereals, milk, eggs, pears, limes, grapefruit, lemons, potatoes, rice, macaroni, spaghetti, wheat, barley, squash, pumpkin, egg-plant, sweet potatoes, pineapples, peaches, grapes, raspberries, cherries, strawberries, fresh tomatoes, corn flakes, shredded wheat, rice biscuits, raisins.

<sup>920</sup> HYPER-ACIDITY OF THE STOMACH

Exclude all foods from the diet that cause acid fermentation. Restrict albuminous foods, such as meat, spinach, rhubarb, water-cress, sorrel, tea, coffee, and acid fruits, especially those containing oxalic acid. Avoid the use of fruits and vegetables at one meal.

*Foods Recommended*

Milk, eggs, rice, stale bread, baked or boiled potatoes, hot water, tapioca, sago, bean puree, pea puree, corn flakes, wheat flakes, raisins, prunes, honey, steamed figs, corn pulp, butter, olives, olive oil, nuts.

<sup>921</sup> HYPO-ACIDITY OF THE STOMACH

Take one-half glass of cold water before meal time, and masticate the food well.

*Foods Recommended*

Fruits of all kinds, buttermilk, yogurt, potatoes, corn flakes, wheat flakes, eggs, rice flakes, rice, macaroni, cocoa, peas, lentils, beans.

<sup>922</sup> OBESITY

Avoid liquid foods of all kinds; avoid the use of fats; restrict the diet to one, or, at most, two or three articles.

*Foods Recommended*

Water biscuits, beaten whites of eggs, beaten whole eggs, medium boiled eggs, poached eggs, curdled eggs, jellied

eggs, floated eggs, soft-boiled eggs, vegetable broth, gluten mush, gluten biscuit, gluten wafers, strawberries, oranges, lemons, grapes, sour apples, celery, asparagus, tomatoes, string beans, green peas, greens of all kinds, zwieback, grapefruit, limes, turnips, cabbage.

#### <sup>923</sup> DIARRHEA

Diarrhea is one of the most common disorders in the summer time. During the first day or two, little food should be eaten, preferably none at all. In eating, be careful to choose non-irritating and easily digested foods, and avoid those foods which are likely to ferment quickly. Avoid over-eating.

##### *Foods Recommended*

Barley gruel, rice gruel, brown-flour gruel, blackberries, blackberry juice, boiled milk, hard-boiled eggs, blueberries, cherries.

#### <sup>924</sup> LEANNESS—FATTENING DIET

A fattening diet is called for under the following conditions: To store up fat during convalescence after acute diseases; in chronic wasting diseases; and in some nervous diseases. There are many persons in apparent health who need to store up fat in order that they may be better fortified against disease. The diet should consist mostly of carbohydrates and fats.

##### *Foods Recommended*

Bromose, cream, milk, buttermilk, yogurt or kumyss, cottage cheese, cream toast, cream rice soup, cream corn soup, rolled oats, rice, corn, macaroni, melons, bananas, figs, dates, butter, olive oil, olives, ripe sweet apples, eggs, butternuts, almonds, English walnuts, corn bread, whole wheat bread, spaghetti, pinenuts, cocoa, potatoes, sweet potatoes.

#### <sup>925</sup> BRIGHT'S DISEASE

No acids or albumen, not much water, no condiments, little salt.

*Foods Recommended*

Pears, prunes, raisins, bananas, oatmeal, graham bread, egg yolks, bran bread, grape nuts, corn bread, sago, tapioca, skim milk.

Avoid celery, asparagus, coffee, garlic, leeks, mustard, sorrel, tea.

<sup>926</sup> GASTRITIS

Avoid spices and condiments, alcoholic drinks, tea, coffee, mustard, and cane sugar. Cooked fat of meats, sauces, and pastries should be avoided.

*Foods Recommended*

Potato puree, chopped spinach, cauliflower, baked potatoes, boiled or steamed rice, baked apples, orange juice, custard, zwieback, barley water, corn flakes, shredded wheat biscuit, milk with lime water, oatmeal water.

<sup>927</sup> DILATATION OF THE STOMACH

Dilatation of the stomach is one of the most serious of gastric disorders. It may be the result of a run-down condition of the system. Liquid foods should be used very sparingly. Bulky foods and an excess in eating should be avoided, and very little fats used.

*Foods Recommended*

Corn flakes, rice flakes, wheat flakes, zwieback, sweet fruits (prunes, raisins, dates, figs), poached eggs, pea puree, bean puree, boiled rice, green vegetables (if finely minced).

Meat and cane sugar should be avoided.

<sup>928</sup> ULCER OF THE STOMACH

Ulcer of the stomach requires rest and restriction of all food by mouth. Avoid acid fruits and coarse vegetables and all spices. When pain and vomiting have ceased, a thin water oatmeal gruel may be taken, beginning with two

teaspoons every two hours, or milk diluted with lime water; gradually increase as the patient improves, such as the following: Egg albumen, rice, zwieback (softened), buttermilk, egg-nog, yogurt or koumiss, malted milk.

#### <sup>829</sup> FEVER DIET

The object of a fever diet is to give the body sufficient nourishment in a form that can be easily digested and will not materially add to the heat of the body. Fats should be avoided in any form, and very small quantities of proteid foods.

#### *Foods Recommended*

Fruit juices (such as grape, apple, orange, grapefruit, pineapple), buttermilk, yogurt or koumiss, malted milk, gelatine, sago, tapioca, and arrowroot.

#### <sup>830</sup> ANEMIA

Anemic patients require abundant nitrogenous food, and well seasoned. In all cases of anemia, the blood is in an impoverished condition and reacts unfavorably upon the character of the digestive secretions, consequently they are unable to digest the food with the necessary vigor.

If milk is agreeable to the patient, it should be made the principal food. As the patient improves, give more solid foods, such as gruels; and eggs may be partaken of.

Avoid acid fruits and starchy foods.

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In the preparation of this book, the writer has consulted, among others, the following works:—

Hutchison, "Food and Dietetics."

J. H. Kellogg, "Home Hand Book."

Thompson, "Practical Dietetics."

Wiley, "Foods and Food Adulterations."

Bulletins, U. S. Dept. of Agriculture.

Chittenden, "Physiological Economy in Nutrition."

Williams, "Chemistry of Cookery."



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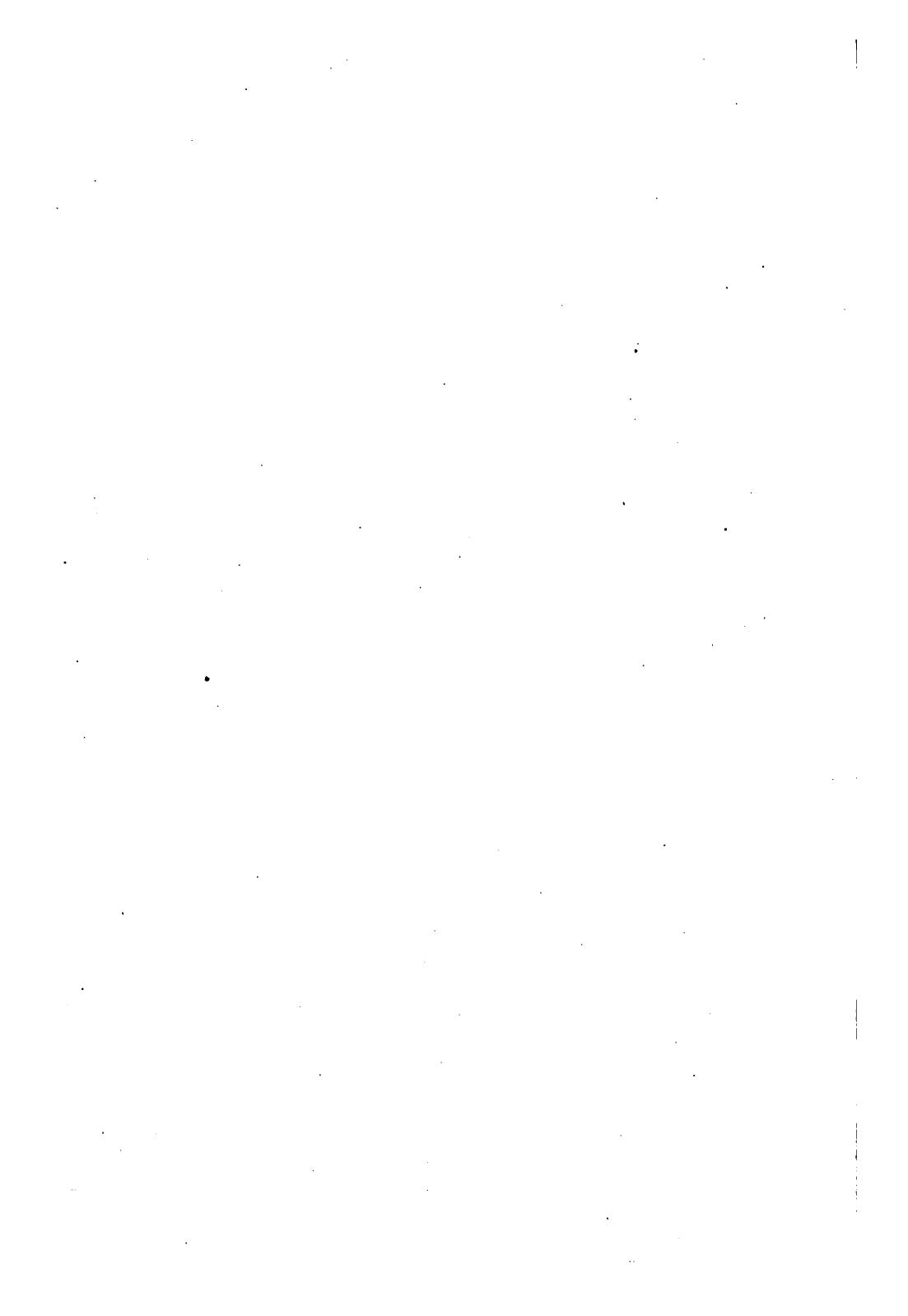
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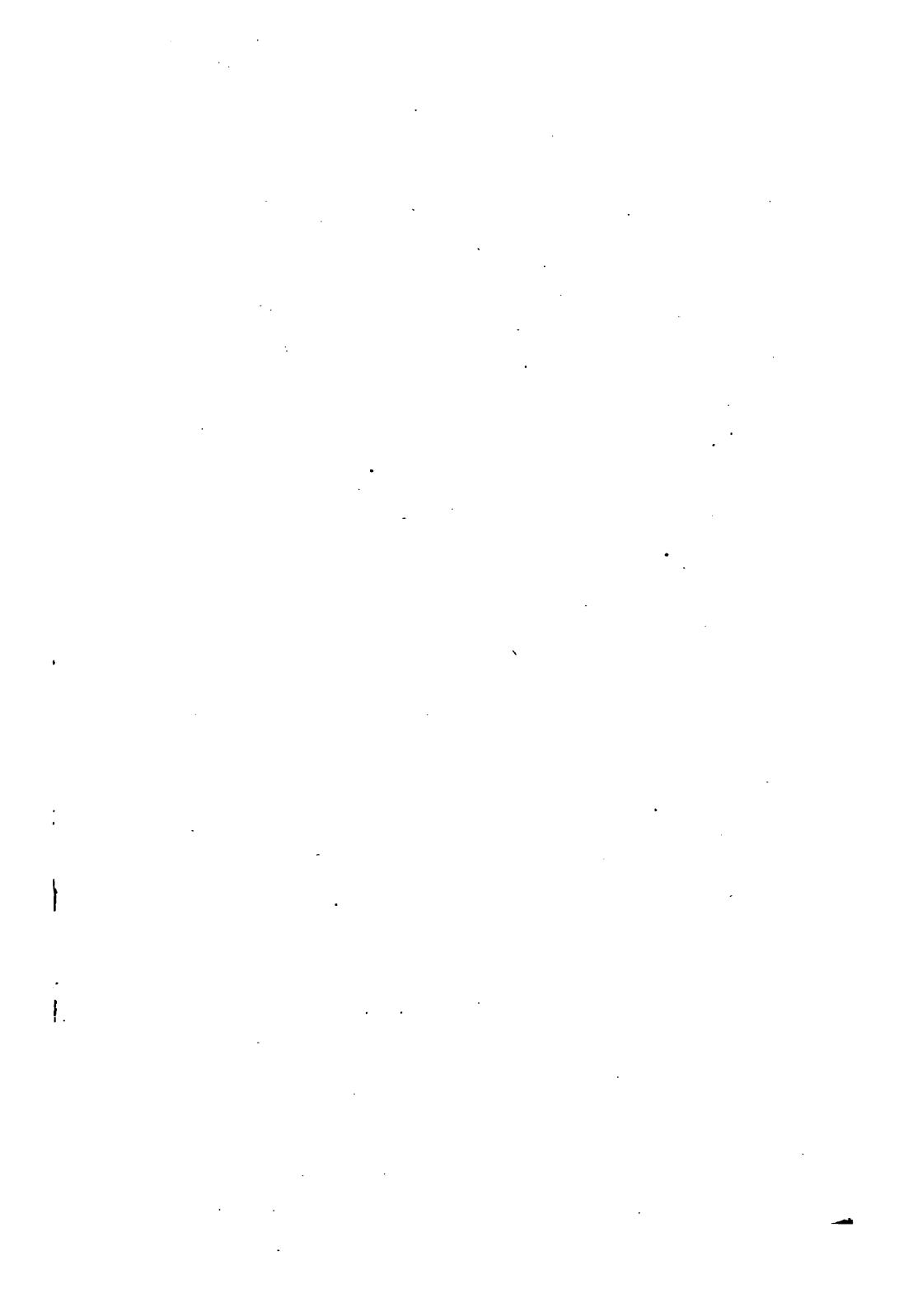
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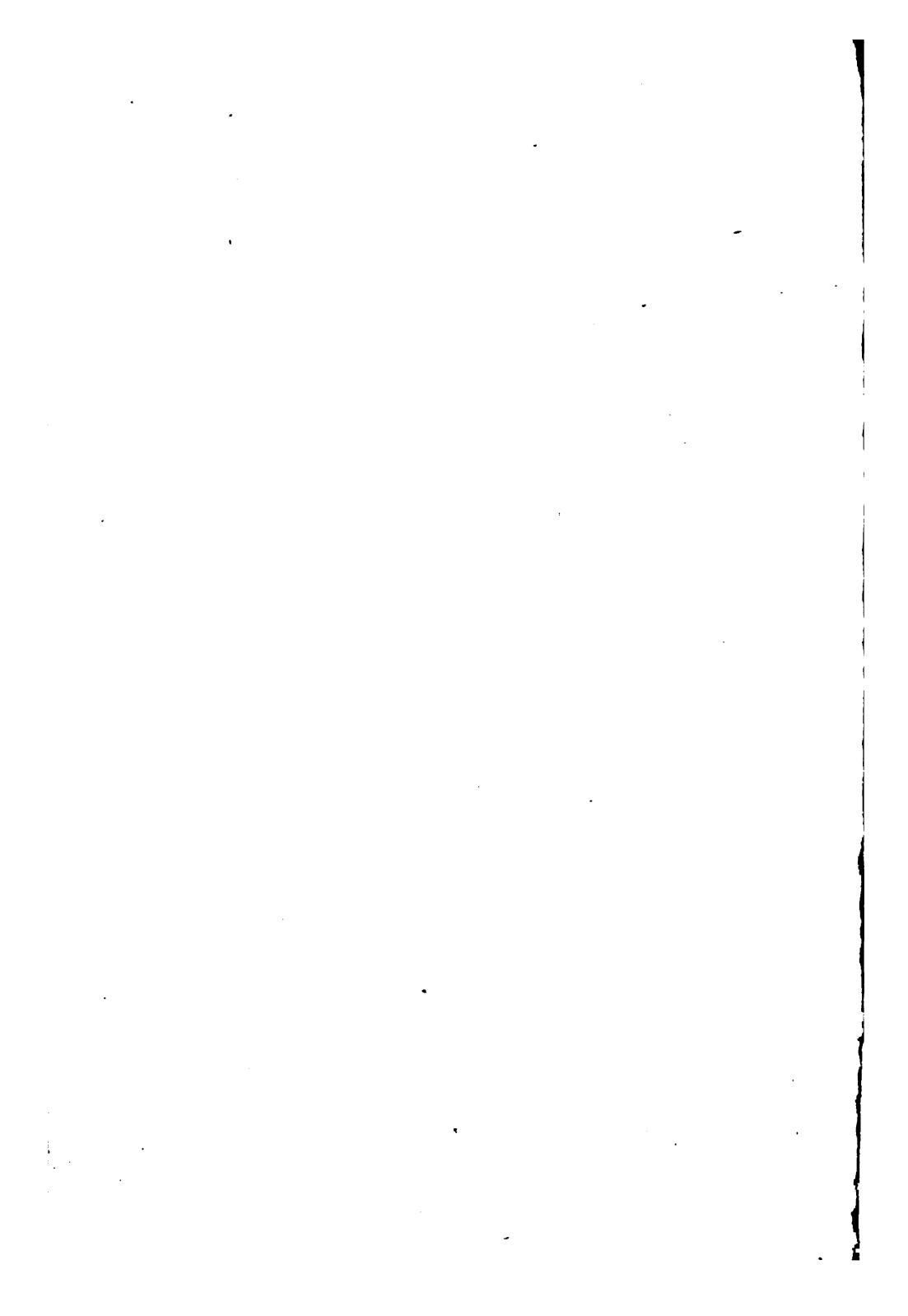
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